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DR. DO-GOOD

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metroNEWS

The \$86M question

BUDGET

City explores
options for
'unbelievably'
good surplus



Brodie
Thomas
Metro | Calgary

The City of Calgary has found itself with an extra \$86 million in its coffers — even after Mayor Nenshi's last-minute spending spree with the resiliency fund.

And now there's talk of putting it back in Calgarians pockets.

"We're in unbelievably good financial state," Nenshi said, adding he's not particularly opposed to giving the money back as a one-time rebate.

"I think that council needs to think very carefully — very, very carefully — about whether to do one-time rebates, or invest in our

huge list of unfunded things." Coun. Ward Sutherland said if the stars align correctly, he believes it's possible to freeze tax rates where they are for the next two years, instead of projected rate increases.

"Some things would have to come in line for that to happen," said Sutherland. "It depends on union negotiations."

Other councillors, like Evan Woolley, think the money could go to a few different groups. He had previously advocated for a small-business tax rebate and he thinks it's not too late to do that.

His wish list would also include a resiliency fund for the arts and culture community — noting many groups have seen ticket sales slump in the downturn.

"I think we need to balance giving a potential rebate back to the citizens with investing in some of the things that make our city great," said Woolley.

WITH FILES FROM HELEN PIKE/METRO

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BUDGET

Premier Notley hints at small-business tax cut
Premier Rachel Notley is signalling that a tax break for small business owners may be coming in the budget.

Notley made the comment Tuesday when asked by reporters about a proposal by the opposition Wildrose party to lower the small business tax from three per cent to two per cent to help out an economy reeling from the plunge in oil prices.

The premier declined to rule out a tax cut.

"On the issue of the small business tax, I would suggest that we simply all stay tuned for the budget."

The 2016-17 budget will be presented by Finance Minister Joe Ceci on April 14.

Ceci and Notley have already said it will have new measures to create jobs and diversify the economy, which has seen more than 80,000 job losses due to the collapse in oil prices.

Ceci has already said the budget is expected to include a \$10.4-billion deficit.

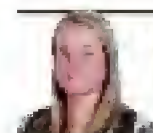
The province has already announced close to \$2 billion in loan and investment incentives to help new ventures take off and small and medium-sized businesses grow and diversify.

THE CANADIAN PRESS

Bow River gas line leak no threat: Atco

ENERGY

Faulty feed discovered in March during inspection



Lucie Edwardson
Metro | Calgary

A natural gas line is leaking into the Bow — but Atco said there is currently no harm to the public.

The line, which runs under the Bow River, supplies the Calgary Zoo with its natural gas.

Mike Shaw, vice-president of Atco's Calgary division said the leak was discovered during routine inspections on March 11.

"During the inspection our crews identified this small leak and since that time we've been working to isolate the leak and insure we can maintain gas service to the Calgary Zoo," he said. Atco spokeswoman Jennifer Sheehan said the leak is "minor" and a secondary feed has been supplying natural gas to the zoo so they don't experience any interruption in service. She said the appropriate authorities, including Alberta Environment have been notified.

Shaw said the leak poses no potential health or safety hazards to the public.

"The leak itself is a minor



The location of the leak. Atco says the line runs below the Bow and will be permanently abandoned. CONTRIBUTED

leak on a natural gas line," he said. "As a result, there are no significant environmental impacts. The leak is safely bubbling up in small little bubbles into the atmosphere and venting safely, so there is no risk to the public or the environment as a result."

Shaw said Atco plans on abandoning the line permanently.



There are no significant environmental impacts.

Mike Shaw

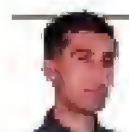
"Going into the river where the line is located and pulling

that up would cause a greater environmental impact — we'll be working with the authorities and the Calgary Zoo to install a new feed to the Calgary Zoo in the coming months."

In a video provided to Metro, viewable at metronews.ca/calgary, the river can be seen bubbling in the area where the leak is. Jump to the 0:54 mark for best footage.

EDUCATION

Gender guidelines submitted



Aaron Chatha
Metro | Calgary

The Calgary Board of Education's Trustee Board has passed a first reading of their Bill 10 and gender guidelines-related policy, with plans to squeak their submission in to Alberta Education just under the March 31 deadline.

When Education Minister David Eggen released the gender identity and expression guidelines in January, a CBE representative told Metro they were aiming to release their policy in February.

At the Tuesday trustee board meeting, Chief Superintendent David Stevenson said the board now plans to submit the policy just before the deadline, and will not be sharing policy documents with the public until the government has approved them.

Trustee board chair Joy Bowen-Eyre said part of the reason the policy wasn't finalized by February is because of the work and multiple steps going into creating the policy and regulations.

"One of them is a student code of conduct," said Bowen-Eyre. "Right now we have 228 schools, each with their own code of conduct."

She said meeting government requirements means creating a system-wide code of conduct.

"We have to ensure the student code of conduct meets all our needs, from kindergarten all the way through Grade 12," she said. "So, that's a pretty big undertaking."



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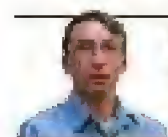
Transitions



Flames fan nets SUV

METRO MINUTE

Contested goal puts would-be winner on the edge of his seat



Brodie Thomas
Metro | Calgary

They're two of the most dreaded words for any hockey fan: contested goal.

But while most Flames fans were simply worried about the score of the game on Monday night, Jonathan Strickland had a much more nerve-wracking wait.

Step back to earlier in the week. Strickland, a Calgary IT worker, had been gifted tickets to Monday's Flames game.

There he was randomly selected to take part in the Metro Minute, a one-minute window in the game when — if the Flames score — a fan wins a new vehicle courtesy of Wood Auto Group.

Strickland knew it was a

“

It felt like forever.

Jonathan Strickland

long shot, so he was surprised when Mark Giordano scored on a power play at the 11:03 mark of the second period.

“At first it was just complete shock. And then the next thing I know, the media person from the Flames was like, ‘The goal is being contested.’”

Strickland asked if he would still win the vehicle — a 2016 Ford Escape. They explained he would only get it if the goal was good.

“It felt like forever; it couldn't have been more than a couple of minutes.”

Finally, the goal was ruled good, and Strickland could relax and celebrate. He was invited to meet Giordano and receive a signed jersey after the game.

Strickland said his current vehicle — a 2003 Ford F150 — is showing its age, so he's happy to get a new SUV.



Jonathan Strickland won a 2016 Ford Escape during the Metro Minute at the Calgary Flames game on Monday night. Mark Giordano, right, scored a goal during the one-minute window, winning Strickland the new SUV. CONTRIBUTED

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COURT BATTLE

Nenshi speaks on payback of legal fees



Brodie Thomas
Metro | Calgary

Mayor Naheed Nenshi said he's committed to paying the city back more than \$100,000 in legal fees.

On Monday, Councillors passed a motion that required Nenshi to reimburse the city for legal fees in his court battle with Calgary developer Cal Wenzel.

The motion also gives the city solicitor the power to choose which city employees and councillors get legal assistance. Previously, that decision was council's.

Nenshi said the motion may need some fine-tuning, as there are no rules around the specifics of fundraising.

He said the danger is that one person could pay the entire bill, and feel they are owed a favour.

"I don't think that happens



My goal is to make sure every penny is paid back to the city.

Mayor Naheed Nenshi

in the real world very often," he said.

The mayor said he is not bothered that the new rules force him to pay the money back, but

makes paying legal fees back optional for anyone else in a similar circumstance.

"I'm a bit moved by Coun. Pincott's argument that that seems a bit arbitrary and weirdly unfair, but I was going to do it anyway so I'm not fussy about it. My goal is to make sure every penny is paid back to the city," he said.

He said he refused all previous offers of financial help because the rules were unclear.

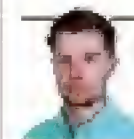


The NDP candidate in Calgary-Greenway is accusing Wildrose candidate **Devinder Toor** of hiring employees at below minimum wage. CONTRIBUTED

Store's alleged wage blunder under contest

CALGARY GREENWAY

Job ad was scrapped from older version: Wildrose Party



Jeremy Simes
For Metro | Calgary

It just keeps getting messier.

On Tuesday, Calgary Greenway NDP candidate Roop Rai leaked a screenshot of an alleged Payless Liquor Store job advertisement that pays employees a minimum of \$10 per hour, which is below the legal minimum of \$11.20.

The catch? Calgary Greenway Wildrose candidate Devinder Toor owns the Payless Liquor Store chain.

Rai said the advertisement — which was posted on Feb. 21, 2016 — is troubling.

"These postings suggest that his liquor stores take advantage of their employees by paying an illegal wage," she said in a prepared statement. "It is inappropriate for him to be taking advantage of people

in difficult economic times."

Jeremy Nixon, president of the Wildrose Party, said Toor didn't post the advertisement.

He said the ad appears to have been scrapped from jobbank.gc.ca, which is the only website Toor posts job ads to.

"It looks like the text came from an ad from May 13, 2014 ... at the time the minimum wage was \$9 per hour," he said. "It's difficult for me to speculate on why somebody would do this. If this is part of the their political strategy ... I don't know."

Toor's Payless Liquor Store has also been embroiled in

numerous Alberta Gaming and Liquor Commission (AGLC) violations, which include allowing minors into a store, warnings about not ID'ing properly and warnings about staff not having ProServe certification.

The company's latest violation found staff were selling "not for sale" items for cash. The company must pay \$1,000 by Wednesday, or lose its licence.

Nixon declined to comment on Pay Less Liquor's AGLC violations.

\$10

The amount a Payless Liquor Store job advertisement claimed to pay employees per hour — \$1.20 below the legal minimum wage.



It is inappropriate for him to be taking advantage of people in difficult economic times.

NDP candidate Roop Rai of Devinder Toor

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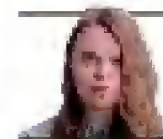


Coach Nate McKibbon, with team captain Angela Driscoll. HELEN PIKE/METRO

Cougar women are showing heart

POLAR TEAM PRO SYSTEM

Crowdfunding for physical monitors



Helen Pike
Metro | Calgary

\$10,000

Amount the Cougar Athletics basketball women's team wants to raise through crowdfunding for the Polar Team Pro System.

Mount Royal University is leaping into its first crowdfunding initiative, and by all accounts, the project is poised to be a slam-dunk.

The Cougar Athletics women's basketball team is raising money so it can jump into the 21st century with what's called the Polar Team Pro System. The team needs \$10,000 — and is going to get it through a crowdfunding platform called USEED.

Nate McKibbon, head coach of the women's basketball team, is new in his position. Coming in fresh, he wanted to work with the team on evaluating the program.

"One of the areas we felt we

needed to do a better job of was understanding how some of our training loads affect our athletes," McKibbon said. "For us, the overall thing is improving on overall health. I think a healthier athlete will perform better in the classroom, they'll have more time and energy to give back to the community ... I think it will improve their day-to-day lives."

The souped-up heart-rate monitors, which are used by three NBA teams and other pro sports groups, will track stats on athletes' performance and how much recovery time is required to set them up for success. This all gets delivered in real time.

The crowdfunding approach is helping the team play at a whole different level. Angela Driscoll, captain of the Cougars' women's basketball team, said the tried-and-true approach of getting regular funding from family members sometimes has teammates shaking the same bushes every year. But this new method is allowing them to tap a whole new audience.

"It's definitely more personal," Driscoll said. The team tries to thank all donors within 24 hours, and they give live updates.

"It's a great way to get more people involved and really put our school out there."

Though it's not going to replace any of the school's more traditional fundraising methods, Buffy St-Amand, manager of Alumni Relations and Annual Giving, suggests it's a winning model.

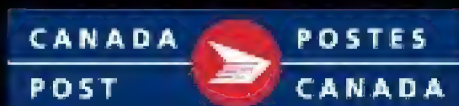
So far the team has raised over 53 per cent of its goal. It will play a charity game against some of the Calgary Stampede's Wednesday morning.

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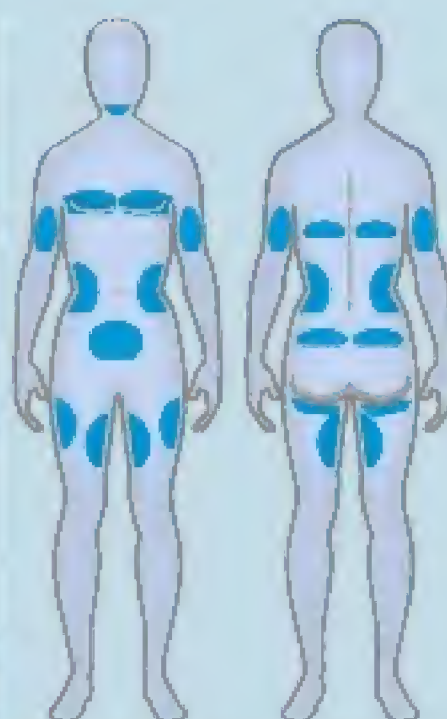
A CoolSculpting[®] treatment to transformation plan achieves results that are comparable to liposuction, but without the risks or downtime of surgery. It does require a bit of advance planning, however, because it takes time for the benefits to materialize. After the treatment the crystallized fat cells clear gradually through the body's natural physiological processes. Most people start noticing a difference at about the four week mark. Most of the fat will clear within eight weeks. Results continue to improve for up to four months.

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After



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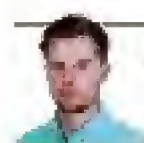


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Wildrose Party lays out economic plan

POLITICS

No mention of diversification, NDP minister Bilous notes



Jeremy Simes
For Metro | Calgary

Trevor Tombe thinks there could be better ways to boost the economy than just a straight-up small-business tax cut.

On Tuesday, the Wildrose outlined its economic plan to get Albertans back to work.

Highlights include reducing small businesses taxes by one per cent; and slashing the NDP's carbon tax plan until an economic impact analysis is conducted.

But Tombe, assistant professor of economics at the Uni-



Wildrose leader Brian Jean presented a plan his party contends will get Albertans back to work. METRO FILE

versity of Calgary, said cutting small business taxes may not be the best option.

Tombe said cuts would help entrepreneurs start small businesses, but would be a disincentive for established businesses to grow.

The Wildrose disagrees —

the party's jobs critic Grant Hunter has said it would allow businesses to hire more people.

Tombe said an option to likely promote small business growth could let businesses expense a certain amount of capital up to some limit, referencing the work of economists

Jack Mintz and Kevin Milligan.

Economic Development and Trade Minister Deron Bilous said the Wildrose's plan doesn't mention economic diversification, which is troubling given the province's reliance on oil.

As for the Wildrose's proposal to slash the carbon tax, Tombe said there has already been decades of research on the topic, noting carbon tax is a well-established method of reducing emissions.

Bilous said a carbon tax review isn't needed, adding European Union leaders are interested in invested in Alberta due to the government's green initiatives.

In its report, the Wildrose said the carbon tax will hurt families already impacted by the economic downturn, calling the program a "tax grab."

Bilous said the government will detail its economic stimulus plans when it announces its budget on April 14.

DEBATE

MLA apologizes for rude gesture

Calgary-Hawwood NDP MLA Michael Connolly was forced to apologize for an inappropriate gesture he made to the Wildrose opposition last week during debates.

On Tuesday, Connolly acknowledged he had done wrong before MLAs began their business in the house.

"I want to make it clear to this chamber that on Thursday I made an inappropriate gesture to the members opposite, which I regret and for which I apologize.

"My actions were not befitting of this chamber and the dignity herein," Connolly read from a prepared statement.

During last Thursday's debate, Wildrose MLA David Hanson objected after he said Connolly "flipped the bird" toward

Opposition benches.

Connolly initially denied he raised his middle finger toward his political opponents.

"I would just like to clarify that I did not flip the other side off. I made a gesture such as

this because I was angry," he said last week.

But on Tuesday, he said last week's apology didn't fit the bill.

"When this matter was raised at the time, I sought to minimize the matter instead of taking full responsibility," Connolly said.

"To be clear, my actions were not acceptable and my apology and explanation were not good enough."

Wildrose house leader Nathan Copper said he was satisfied with the apology.

JEREMY SIMES/FOR METRO

THE FINGER

The notion of "the finger" as an obscene gesture dates back to ancient Greece.

Former Premier Ralph Klein was once famously photographed giving the finger (in return) to an environmental protester.



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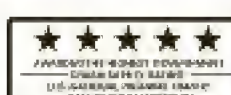


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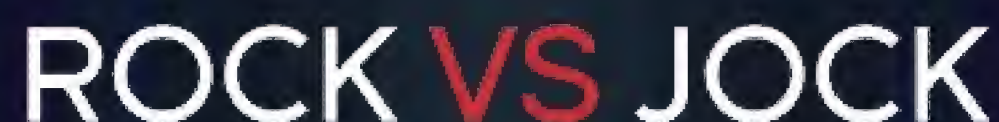
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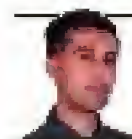
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Coming Out on stage

FREEDOM OF SPEECH

Regular Calgarians share personal experiences



**Aaron
Chatha**
Metro | Calgary

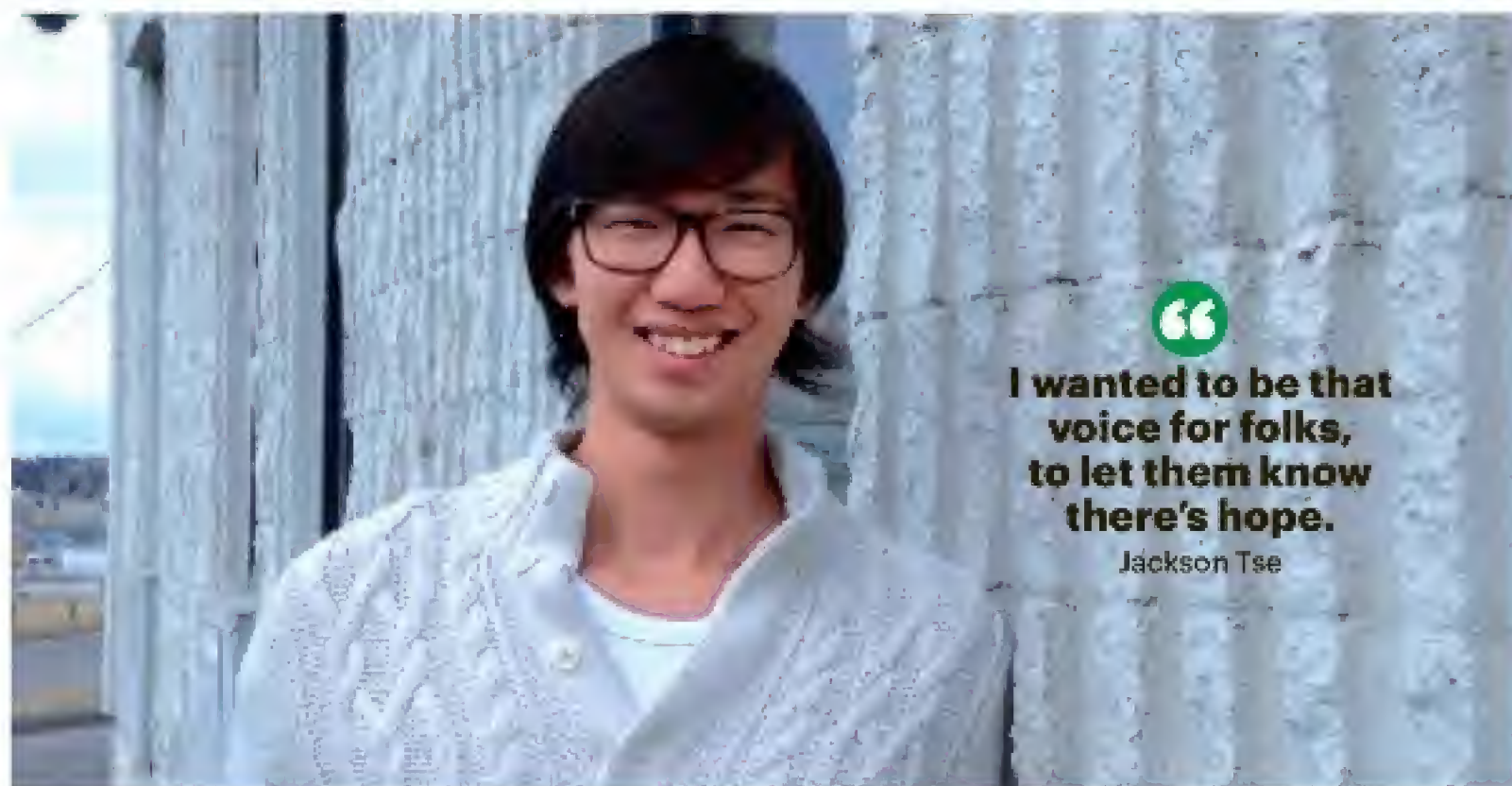
When Jackson Tse immigrated to Calgary as a young boy, he was picked on for the food he ate, the language he spoke and the way he looked.

Tse said he wouldn't feel that ostracized again, until he came out.

"I no longer could feel safe at my church, when I had to choose between my faith and my sexual identity and orientation," he said.

Tse will be telling his story this week as part of the Coming Out Monologues YYC.

He was inspired by watching a coming-out monologue last year, which was done by a woman he felt represented his own demographic: Chinese and of faith.



"I wanted to be that voice for folks, to let them know there's hope."

Jackson Tse

Jackson Tse will be performing at the Coming Out Monologues, talking about choosing between his faith and sexual orientation.
AARON CHATHA/
METRO

"Particularly for me and my culture, and my faith background, it's more difficult to come out," he said. "I wanted to be that voice for folks, to let them know there's hope. That I've come out also and although it was hard, I've come out to become a more open and honest person with the people

around me, and myself."

Alex Naylor, outreach coordinator with the monologues, said they act as a resilience-building exercise for the LGBTQ community.

"Very few of our participants have any theatre experience," she said. "It's a process of self discovery. You get to

develop and dig deeper into this coming-out story over a few months. It's a process of self discovery in that way."

Naylor said a wide range of Calgarians sign up to share their stories. They usually come in with a rough sketch of what their story is, and organizers work with them to flesh it out

and package it for a performance.

This year 19 performers will share their stories at the John Dutton Theatre from March 16 to 18, with different performers each night. Tse will be performing on Friday.

For more information visit www.comingoutyyyc.com.

IN BRIEF

Man dies in rollover crash in Okotoks

A 33-year-old Okotoks man has died after a rollover crash south of Calgary Monday evening. Okotoks RCMP were called out to 274 Avenue and 112 Street in the M.D. of Foothills at 6:30 p.m. Monday. A black GMC Yukon had rolled and landed on its roof. The lone occupant, Stephen Hofmann, 33, of Okotoks was taken by STARS air ambulance to hospital in serious condition, but died of his injuries. METRO

Charges laid in seniors' home break and enter

A 90-year-old woman was left shaken after coming face to face with a thief at her seniors complex.

Calgary Police Services have charged the man in connection with the break-in Monday.

Donald Murray Boychuk, 44, of no fixed address, has been charged with three counts of break and enter to commit an offence and failing to comply with a probation order. He will next appear in court on March 16. METRO

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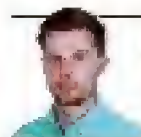
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STARS lotto still hopes to sell out

PUBLIC SUPPORT

Economic downturn has affected the charity



Jeremy Simes
For Metro | Calgary

STARS Alberta Lottery is making one last push to sell out of lotto tickets, as the charity faces the prospect of not selling out for the first time in more than 20 years.

Jeff Quick, chief financial officer and executive vice-president of the STARS Foundation, said the charity has sold 97 per cent of its lotto tickets, adding the current economic downturn has taken a toll on the organization.

He said demand for the smaller ticket packages is strong, so the charity has re-configured the larger bundles to be more affordable and attractive.

"We were selling out early of



Proceeds from the STARS lottery pay for the air ambulance service in Alberta. METRO FILE

our \$25 and \$60 packages, so we thought we could sell out this year by changing some of our higher ticket packages to the smaller ones," he said.

Quick said there's a greater need for public support — STARS has seen a decline in individual, corporate and event fundraising in recent months.

"It's unusual for us to do this, but these are unusual times for everyone," he said.

STARS relies heavily on public support to stay in the air — one-third of its operating budget is

funded by lottery revenue.

Last year, the organization netted more than \$11 million, which is the average cost of running one of its bases.

Quick said if STARS doesn't sell out the lottery, it will still turn a profit, noting the organization will have to find ways to make up the difference.

This year's prizes include four custom-built homes, cash, vehicles and vacations, among others.

For tickets and more information, go to starslotteryalberta.ca.

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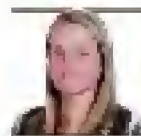
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Doc's empathy helps refugees

SETTLEMENT

An immigrant himself, physician shares stories



Lucie Edwardson
Metro | Calgary

Dr. Talib Muhammed said when he came to Canada, he didn't have \$5 to get a haircut.

Now the owner of International Avenue Medical Centre, Muhammed is using his personal experience to help Calgary's newcomers get medical care, and to inspire them to find hope in their circumstances.

"One of the refugees asked me, 'How can I go back to Syria?' He said he felt hopeless," said Muhammed. "And I reassured him. I said, 'Just wait, you will have all of the support you need and things will get better.'"

Sam Nammoura, co-founder of the Syrian Refugee Support Group (SRSG) said what

Muhammed has done is unique.

"He uses his own story to inspire them," he said. "He understands what they're going through and is using his story to give them hope."

Muhammed immigrated to Canada from Iraq in the early 1990s as a qualified doctor and spent three years upgrading and taking tests to be able to practice medicine in his new country.

Now, he offers a full-service clinic and above-and-beyond social support to newcomers — including volunteers who give them free rides to and from the clinic, Arabic-speaking staff and a social support network that meets once a week.

Syrian refugee Naser Batouz came to Calgary two months ago with his young family. He said he never expected the kind of service offered by Muhammed and his clinic.

"I am so comfortable and happy," he said, through Muhammed's assistant Reham Aboumorad, a 22-year-old Lebanese immigrant.

Muhammed, who understands the culture shock ex-

“Nothing is impossible. Everything is doable.”
Dr. Talib Muhammed

perienced by the refugees, said he welcomed them to his clinic and the city by hosting a community meeting with immigrant business owners and newcomers in his traditionally Arab meeting space.

"When I arrived here I had the same feeling of isolation they have," he said.

"That is why I provide the dinner for them and invite business owners from the immigrant community to share their stories with them as well."

He said the hope is to create a support network to help newcomers integrate and find work. Muhammed said he hopes the stories of hard work and success inspire them.

"Nothing is impossible, everything is doable," he said. "You will find all the help, you don't need to feel hopeless."



Dr. Talib Muhammed checks two-year-old Juliana Batouz. LUCIE EDWARDSON/METRO

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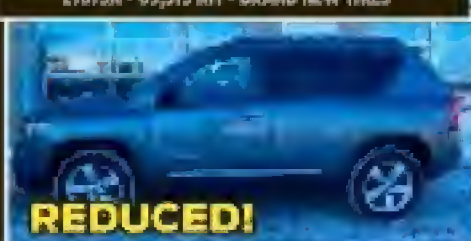
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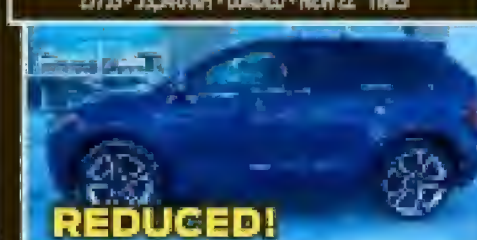
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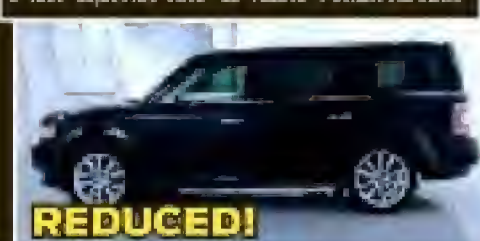
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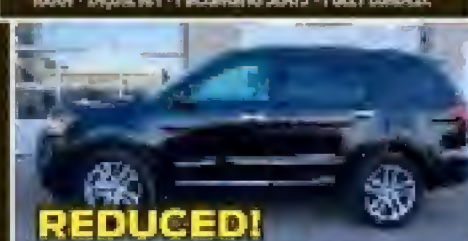
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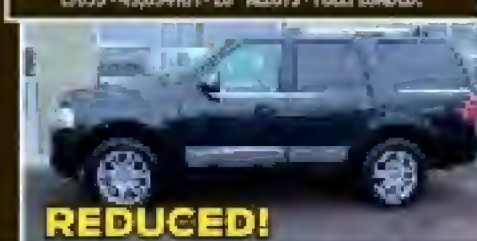
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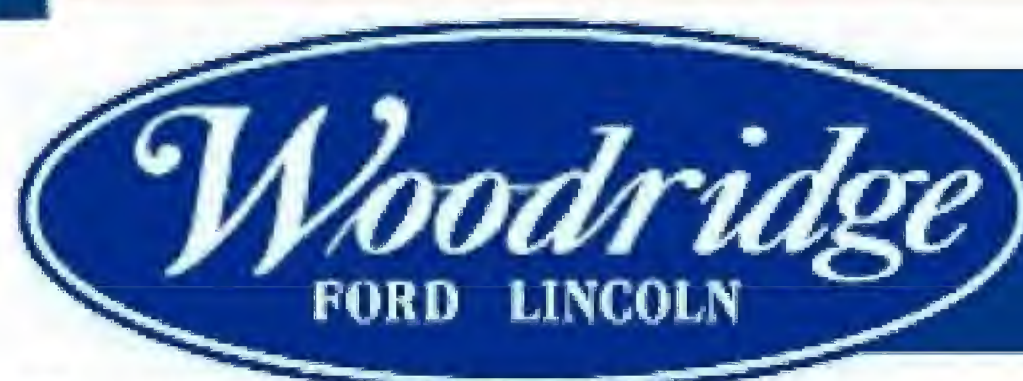
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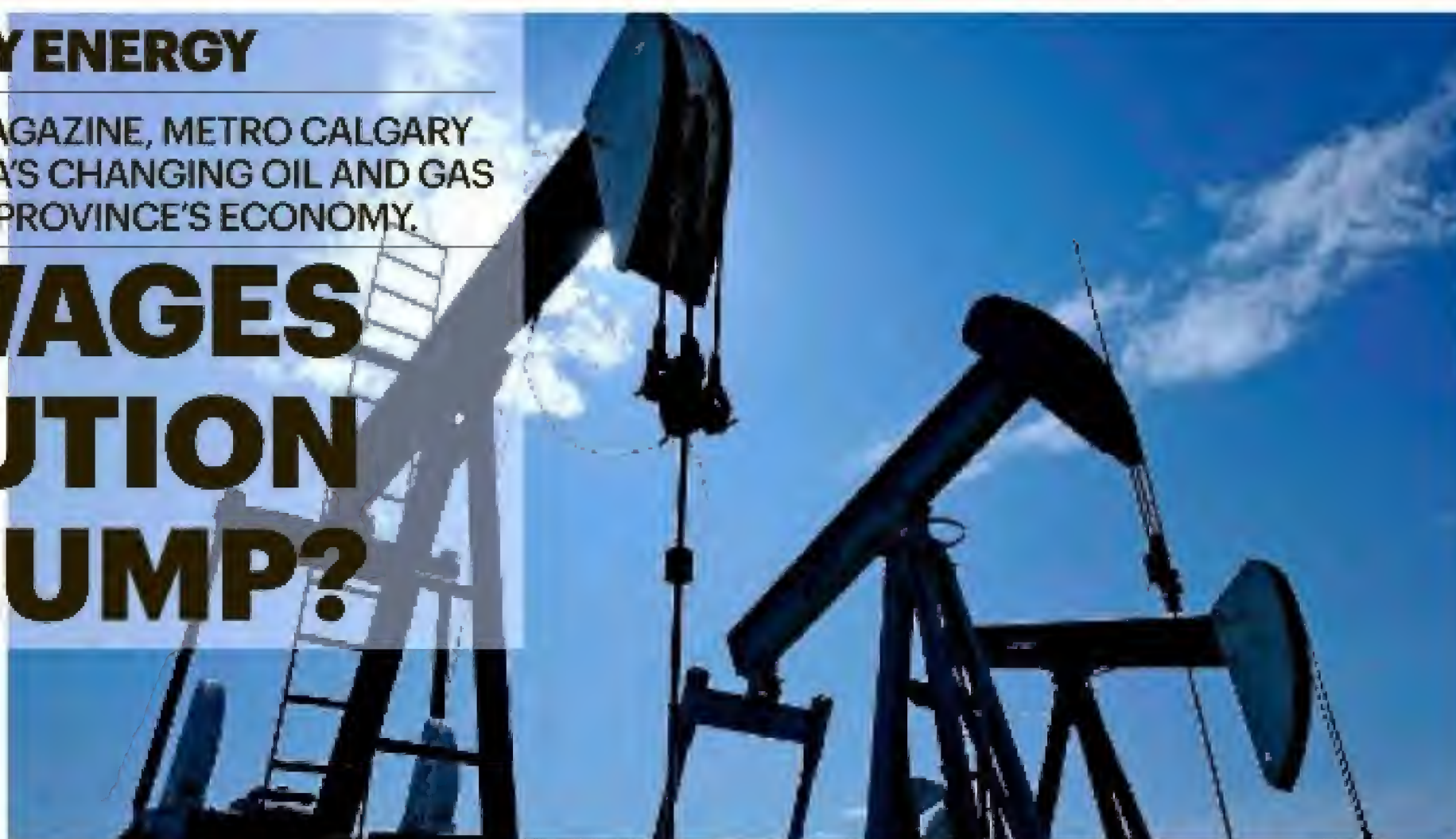
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LOWER WAGES THE SOLUTION TO OIL SLUMP?



Thousands of oil and gas jobs have been cut in Alberta, but is the simple solution to bring wages under control?

THE CANADIAN PRESS FILE

The plunge in commodity prices has rocked oil-dependent economies around the globe. And Alberta is no exception.

But while resource industries can't always control the trajectory of their commodity prices, there are levers and buffers at their disposal to control the speed and proximity at which they follow them.

All of which is to say that the degree to which many companies — and yes, many governments — are getting hammered right now by low oil prices is a direct indicator of how seriously they heeded the lessons of previous boom-and-bust cycles.

But what if the industry could hedge against those cycles altogether — not just by taking a position in the oil futures market, but by orienting itself towards long-term corporate sustainability?

In an industry like energy, where the bulk of day-to-day operating costs are spent on labour, employees at all points along the production, refining, distribution and finance chain can command very healthy paycheques and bonuses for loyalty to a company when times are good.

But their necks are first on the

chopping block when the cycle turns again.

The number of unemployed Albertans on government assistance rose to 61,300 in November 2015, more than twice the number of recipients just 12 months prior, according to Statistics Canada.

The province, and its fiscal attachment to the falling oil price, accounted for fully two-thirds of the national increase in new Employment Insurance claims last year.

Todd Hirsch, chief economist for ATB Financial, says a better way is possible.

But, smoothing out those feast-to-famine curves comes with a catch: Companies have to co-operate.

"Are companies really going to say, 'No, we're only going to pay our engineer \$80,000,' when the guy across the street is going to pay them \$100,000?" Hirsch says. "No, they're going to lose them all. It would only work if all of the companies agreed to do it, and you're just not going to get that level of agreement."

But chasing corporate longevity over simple growth-for-growth's sake could be the proverbial bird-in-hand for those

“It would only work if all of the companies agreed to do it, and you're just not going to get that level of agreement.”

Todd Hirsch

companies now finding themselves overextended and out of reach of the bush.

"It's hard to do if you're the only one, but energy companies should discipline themselves," Hirsch says.

One option worth exploring for those companies that are looking to retain talent in a downturn is to set aside a dedicated labour retention fund that can be tapped during down times; the money used to send staff for training or to pay partial salaries for extended leaves.

"In most other industries it's not an issue because their commodities don't swing as wildly as oil prices do," Hirsch says.

"Even the industry would agree that labour cost escalation has been

the big problem; roughly 70 per cent of the industry's operating costs are labour. Break-even points shouldn't be at \$70 or \$80 a barrel."

It's not just unemployed workers who are feeling the pain of the industry's manic-depressive cycles.

Those who remain out in the field and in the increasingly empty office towers of Calgary and Edmonton are feeling it, too.

Roughly three-quarters of Canadian oil and gas workers are now experiencing "moderate to extreme workplace pressure due to the lack of employees and skills present," according to a 2016 salary guide published by global recruitment firm Hays Canada.

And despite the growing skills shortage, the same report found that nearly two-thirds of resource

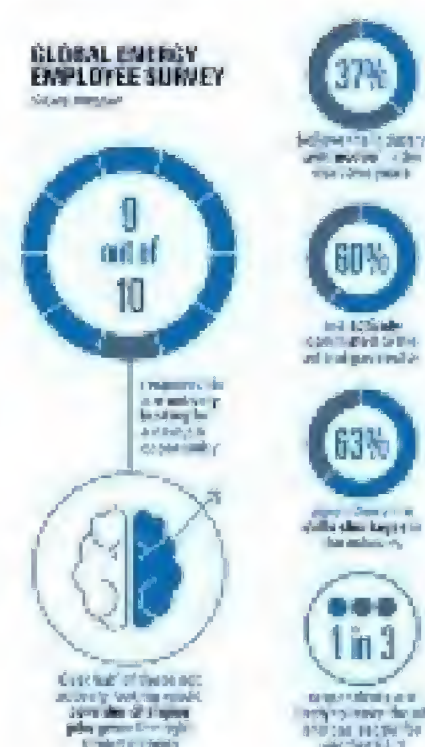
and mining companies are not currently hiring new graduates due to the economic uncertainty.

That's bad news for the long-term sustainability of the industry and for the wider economy that depends on it.

A January report from global energy recruitment firm Petroplan found that while workers' loyalty to the energy sector is still high all over the world, with more than 60 per cent of survey respondents "very or extremely likely to recommend a career in the oil and gas industry" despite low oil prices and mass layoffs.

"There needs to be a major shift in employer attitudes to retention and talent management," says Petroplan CEO Andrew Speers.

"Although we have a committed workforce, people are weary of the ups and



COURTESY ALBERTA OIL

downs of the sector.

"Companies have to balance the risks and rewards of job cuts with retaining key people and skills shortages. While it might seem like a strange time to talk about loyalty and talent retention, we must."

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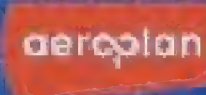
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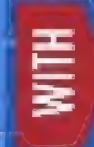
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Fighter lost lifelong battle with depression

NOVA SCOTIA

Sought help, but wait list for psychiatrist too long

Dylan DesRoche
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man. He lost his battle with depression on March 1 when he took his own life.

"We could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been battling depression since he was 12 years old. But he seemed to



Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS / CONTRIBUTED

handle it well.

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried a mental health crisis line. The service told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his family

doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said when his son returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they would do everything in their power to help me right then and there, they wouldn't send me home and say see you in two months," said Matthew.

"Something has to be done, to change the way mental illness is viewed, and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter.

More than 800 people attended his funeral.

Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"He just always had time for others," said Lisa.

The Glodes are hoping people will realize mental illness can affect anyone, and that it's not a sign of weakness, but of strength.

COMMUNITY

Tapping greatness



Emma Jackson
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Ottawa have realized after tapping their front-yard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

Six years ago, he asked his neighbours, the Laytons, if he could tap the 75-year-old silver maple in their front yard.

The Layton boys Francis and Yannick were excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

Their neighbour, Julia Lipinska, got in on the action, too. She has a matching maple on her lawn.

There are eight taps altogether, four on each 36-inch-diameter tree.

Hempel thinks he'll get five litres of maple syrup from them this season.

He'll share the spoils: Francis and Yannick each get a bottle on their birthdays, and he hands it out at Christmas.

IN BRIEF

Stabbing suspect charged

A man who allegedly said Allah instructed him to kill was charged Tuesday with stabbing and wounding two uniformed soldiers at a Toronto military recruitment centre a day earlier. Ayanle Hassan Ali, 27 has been charged with nine counts: three attempted murder, two aggravated assault, three

assault with a weapon and possession of a dangerous weapon. THE CANADIAN PRESS

Canada wants UN Security Council seat back

Prime Minister Justin Trudeau plans to seek a seat for Canada on the UN Security Council. Canada lost its last bid after a string of six terms. THE CANADIAN PRESS

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Blame the owner, not the pup: Poll

Thandi Fletcher
Metro | Vancouver

The majority of Canadians believe dog attacks are isolated incidents caused by bad owners, not by the breed of dog, results of a new survey show.

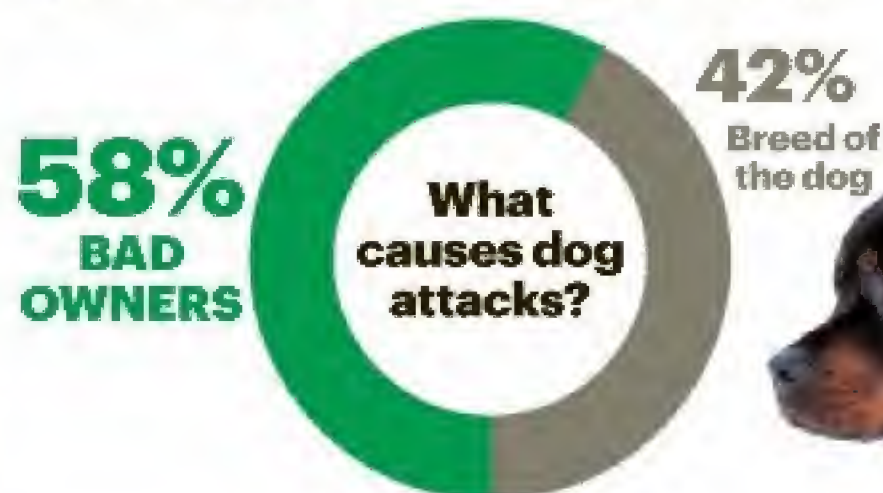
The survey from the Angus Reid Institute finds that 58 per cent of people believe dog attacks are isolated incidents to be blamed on human influence, while 42 per cent take the opposing view that particular breeds, like pit bulls and Rottweilers, are inherently more aggressive.

"What you see is an appetite to keep so-called bad owners on a short leash — as opposed to banning dogs," said Shachi Kurl, of the Angus Reid Institute.

Canadians were generationally divided on the issue, the survey found, with older people more likely to blame breeds.

The online survey of 1,057 Canadian adults who are members of the Angus Reid Forum was conducted between Feb. 2 and 5. The self-commissioned survey has a margin of error of plus or minus 2.5 percentage points, 19 times out of 20.

1 Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18-34 and weaker among those aged 55 and older.



2 Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.

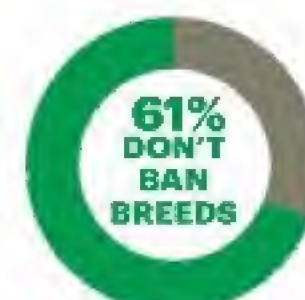


3 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men do so, compared to 37 per cent of women).



4 Two-in-three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.

5 Only 39 per cent of Canadians are in favour of banning particular breeds (often pit bulls and rottweilers).



GRAPHICS: ANDRES PLANA/METRO

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Trump, Clinton pad leads

PRESIDENTIAL PRIMARIES

Both score key victories; Rubio forced out of race

Donald Trump's much-discussed fingers have tightened their grip on the Republican presidential nomination, strengthened by a dominant performance Tuesday as the primaries entered their second half.

Key primary wins brought Trump closer to the magic 50 per cent pace he'd need to secure a first-ballot victory and avoid a challenge at the Republican party's summer convention.

He entered the evening with about 40 per cent of the delegates pledged so far and appeared likely to end it hovering somewhere around the 45 per cent mark, which still leaves him short of that coveted clip.

Trump was poised to win as many as four of the five states voting. He easily won the greatest prize, Florida; held a solid lead in early results in Illinois; and held smaller advantages in North Carolina and Missouri. "Nobody in the history of politics has received the kind of negative advertising that I have. Record, record, record. Mostly false — I wouldn't say 100 per cent but about 90 per cent," Trump told a jubilant



Republican presidential candidate Donald Trump holds a plane-side rally at Youngstown-Warren Regional Airport in Vienna, Ohio, on Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

rally in Florida.

"You explain it to me — because I can't. My numbers went up."

His biggest triumph was knocking out the great-right-hope of party brass Marco Rubio. Trump beat the young senator in his home state of Florida, forcing him to with-

draw from the race.

It was sweet revenge: Rubio had worked an old gag into his stump speech about the size of Trump's fingers and used it to make unflattering insinuations about other parts of his anatomy.

Trump got the last laugh. He obliterated him by nearly 20 percentage points on his own turf — prompting Rubio's immediate resignation, to the delight of Democrats who'd feared the youthful lawmaker. Trump picked up big blocs

of delegates, who will actually pick the Republican nominee at the July convention. As the nomination race officially passed its halfway point Tuesday, it held its first winner-take-all contests.

Until now winners in each state had to split delegates proportionally. But delegates are now being awarded in bulk to the No. 1 finisher in some states, with Trump winning most.

Trump appeared likely to end the evening with about 650

delegates; Texas Sen. Ted Cruz with about 400; Rubio with less than 175; and Ohio Gov. John Kasich with less than 150.

Winning the nomination will require 1,237 delegates on the convention floor in Cleveland in July.

As for the Democrats, Clinton extended her lead with big wins in Florida, Ohio and North Carolina, and held a smaller lead in Illinois. She was losing to Vermont Sen. Bernie Sanders in Missouri as of press time. THE ASSOCIATED PRESS

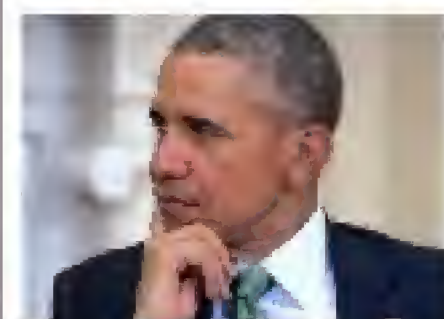
OBAMA ADMINISTRATION

New rules reinforce U.S.-Cuba relations

The Obama administration punched a new series of holes in the U.S. trade embargo on Cuba on Tuesday, turning a ban on tourism to Cuba into an unenforceable honour system and paving the way for Cuban athletes to play Major League Baseball and other U.S. professional sports without first defecting.

Five days ahead of the first presidential trip to Havana in nearly 90 years, the U.S. also eliminated a ban on Cuban access to the international banking system. The inability to send or receive payments that passed through the U.S. banking system had crippled the country's ability to trade with third countries and became a major hindrance to the U.S. attempt to normalize relations with Cuba.

"The simple basis of our policy is that by loosening these restrictions we are better able to engage with the Cuban people, to support them and to build bridges between our two countries," deputy national security adviser Ben Rhodes said. "We deeply believe that this is in America's national interest." THE ASSOCIATED PRESS



U.S. President Barack Obama
GETTY IMAGES

“Nobody in the history of politics has received the kind of negative advertising that I have.”
Donald Trump



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A child eats a croissant as migrants queue for food at a makeshift camp at the Greek-Macedonian border where thousands of refugees and migrants are stranded by the Balkan border blockade.

AFP/GETTY IMAGES

EU talks to Turkey

DIPLOMACY

Cyprus may block migrant deal on table

European Union leaders seek a mutually binding deal with Turkey to stem the flow of migrants by sea to Greece. But several nations stand in the way of such a pact — and tiny Cyprus could pose a big diplomatic challenge.

Leaders of the EU's 28 divided nations plan to reconvene in Brussels this week in hopes of ironing out disagreements on a proposed agreement with Turkey. Their tentative agreement struck March 7 would allow Greece to return migrants to Turkey as Europe opens new routes for pre-screened migrants to seek asylum legally.

But Turkey demands big concessions from Europe in return, particularly on its long-held dream of joining the EU, an idea viewed with trepidation by many Europeans. Nowhere does mistrust run higher than in neighbouring Cyprus, which has been divided into a Greek Cypriot south and militarized Turkish Cypriot north since 1974.

Cyprus announced it has no intention of permitting full negotiations for Turkey's EU membership — a position that could scuttle the deal. Each EU member must consent to any deal.

European Council President Donald Tusk arrived in the Cypriot capital, Nicosia, seeking to soothe government nerves over a proposed package that would include renewed negotiations on Turkish EU membership.

Cyprus President Nicos Anastasiades told Tusk his government would not concede on this point.

He called EU pressure seeking Cypriot agreement "unwarranted, counterproductive and not to mention unacceptable."

Those seeking a deal hope to end the humanitarian crisis on Greece's closed northern border with non-EU member Macedonia, where hundreds of thousands crossed last year but many thousands today remain stuck, often in squalid camps, their progress north blocked by barbed wire and club-wielding police.

Negotiators fear that permitting another year of poorly controlled mass migration could undermine the EU's own free movement of citizens and goods and trigger a rise in political extremism already being felt in many countries.

THE ASSOCIATED PRESS



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Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here are just a few we're offering this month:

RADIO, TELEVISION AND BROADCAST NEWS

Media is a cornerstone of our society, as it impacts our understanding of current events, heightens our awareness of social issues and influences both our lifestyle and buying decisions. The Radio, Television and Broadcast News program develops a wide range of career paths including technical, performing and creative development. A diploma from this recognized media program has become the minimum standard for an entry-level position in this industry, and is widely-recognized.

Join us on Wednesday, March 16 at 7:00 pm in Room NL120 in the Senator Burns Building.

Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

INFORMATION TECHNOLOGY — TELECOM SYSTEMS MAJOR

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Join us on Wednesday, March 16 at 7:00 pm in Room E314 in the John Ware Building.

Call 403.210.4076 or Email ict.telecom@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, March 16 at 7:00 pm in Room NH101 in the Senator Burns Building.

Call 403.284.8849 or Email gcpt.info@sait.ca to confirm your attendance or for more information.

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Information technology drives business and touches every aspect of life. Launch your IT career in just months through Sait's skills-based, Fast-Track programs. Seats are available in the following programs:

- Business Intelligence: Data Analysis and Reporting
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Join us on Wednesday, March 16 at 7:00 pm in Room MD321 in the Stan Grad Centre.

Email fast-track@sait.ca to confirm your attendance or for more information.

ENERGY ASSET MANAGEMENT

Energy Asset Management is a two year multidisciplinary diploma program that provides students with skills necessary for the analysis, documentation and administration of regulatory, financial and contractual compliance related to energy assets, and trains analysts for employment in the five disciplines of energy asset management: Joint Venture, Mineral Land Management, Surface Land Management, Well Asset Management, and Operations Accounting.

Join us on Wednesday, March 16 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, March 16 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre.

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Join us on Wednesday, March 17 from 5:30-6:30 pm in Room NN906 in the Senator Burns Building.

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EMPLOYMENT INSURANCE

Jobless wait a month for answers to query

Newly released figures show jobless Canadians are waiting days for answers to their employment insurance questions, and a month or more to find out if they are going to receive benefits.

The figures tabled in Parliament last week show 297,586 employment insurance applicants waited more than 28 days for a decision on their files between April 2015 and January of this year.

The average wait time was 39 days nationwide and in Alberta, which has been hard hit by the slumping price of oil.

Waiting to hear back from employment insurance processing agents was equally frustrating: The documents show agents returned calls within five days just under 60 per cent

of the time.

The numbers also show that Canadians dialling into a federal call centre with employment insurance questions heard an automated high volume message almost 7.4 million times between April 2015 and January of this year.

Consequently, processing times and client services topped the categories for complaints lodged with the government.

The figures are part of an ongoing trend of long wait times to speak with an agent at federal call centres, some of it attributed to an antiquated call centre system that the government's central information-technology department is working to upgrade.

THE CANADIAN PRESS



A Toronto store recently swapped out their ketchup brand in favour of French's. LIZ BEDDALL/METRO

Loblaws slips on ketchup

FOOD

Outcry forces supermarket to restock French's

Jessica Smith Cross
Metro | Toronto

Call it the Canadian ketchup revolution.

Canucks, riled up with a nationalistic fervor, rose up against the country's biggest supermarket chain this week over its decision to stop stocking French's ketchup.

Thousands turned their social media pitchforks on Loblaws, and Ontario MPP Mike Colle wrote the company asking for the decision to be reversed.

By Tuesday, the grocer had bowed to public pressure, pledging to return French's to its rightful spot.

It was all a little crazy. But, there's a good reason French's — produced in Leamington, Ont., with local tomatoes — suddenly became so important to the Canadian collective. Moving well beyond the lunch counter, it came to represent Canadian jobs at a time when people are feeling a deep unease about the future of manufacturing, one expert said.

"We're used to thinking

about a brand in simple attributes — maybe it tastes good and it doesn't cost a lot — but it turns out they can also have important cultural significance, about jobs and economic conditions," explained Markus Giesler, a professor at York University's Schulich School of Business.

"But that connection needs to be made by someone. In this case, it was that Brian Fernandez guy."

Fernandez, who lives in Orillia, assigned meaning when he posted on Facebook that he'd bought French's and liked how the company reopened the ketchup processing plant in Leamington, saving 740 jobs that were lost

when Heinz pulled out two years ago.

His post has been shared more than 130,000 times since last month.

Fernandez didn't even know where Leamington was when this all started. But learning how Heinz's decision put plant employees, farmers and truck drivers in a financial bind and how many people got their jobs back when French's came in, struck a chord with him.

"These are blue-collar jobs, manufacturing jobs, where you go and do the job without a pat on the back or getting promoted to CEO — and that's just like myself," Fernandez told Metro.

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University of Illinois researchers estimate only nine per cent of today's threatened mammals will show up in the future fossil record.



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.



© Ani Castillo

On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the

spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't

know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone so selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror. Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelling into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding direc-

tor of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both attackers in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How do we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

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Patak heiress's new cookbook

INTERVIEW

Second book remixes Indian classics for new generation

Emina Gamulin
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujarat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the



Anjali Pathak challenges culinary stereotypes.

Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W.

Garfield Weston.

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is *The Indian Family Kitchen: Classic Dishes for a New Generation*, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio *Flavour Diaries*). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her

blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamom, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."



Metro's Emina Gamulin was most successful with this tiger shrimp recipe: "It tastes amazing, even reheated at the office, and presents beautifully," she says. ALL PHOTOS CONTRIBUTED

EXCERPT

Tiger Shrimp with Lime, Ginger & Mustard Seeds

Serves 4

Prep time 10 minutes
Cook time 10 minutes

Ingredients:

- 2 Tbsp vegetable oil
- 1 cinnamon stick
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp black peppercorns,

crushed with a pestle and mortar

- 20 fresh curry leaves
- 2 scallions, finely sliced
- 1 fresh red chile, finely sliced
- 1 Tbsp peeled and julienned fresh ginger
- 20 raw jumbo shrimp, shells removed but tails left on, deveined
- good pinch of sea salt

- good drizzle of honey
- 2 Tbsp roughly chopped cilantro
- juice of 1/2 lime, to taste

Directions:

1. Gently heat the oil in a large skillet and add the cinnamon stick, mustard seeds, turmeric, peppercorns and curry leaves (if using). Once they start to

sizzle, stir through the scallions, chile and ginger and allow to soften for around a minute.

2. Stir in the shrimp and watch how they turn to a golden pink color. Flip them over and sprinkle over a good pinch of salt. Once they are cooked through — and it won't take long, only a few minutes on

each side — drizzle over the honey and sprinkle in half the cilantro and the lime juice. Mix well and serve sprinkled with the remaining cilantro.

EXCERPTED FROM THE INDIAN FAMILY KITCHEN BY ANJALI PATHAK, APPETITE BY RANDOM HOUSE EDITION PUBLISHED 2016. PUBLISHED IN CANADA BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.



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METRO'S KETCHUP TASTE TEST

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA



Irene Kuan

A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.



Rosemary Westwood

Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.



Andres Plana

The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.



HEINZ

375 mL, \$3.50

"Overly sweet and sugary" with "not much of a tomato taste."

C



FRENCH'S

1 L, \$4.19

"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet."

B



NO NAME

1 L, \$2.69

"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste."

D

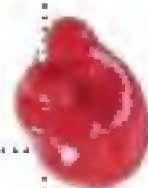


STONEWALL KITCHEN

488 mL, \$9.99

"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste."

A



"It's sweet but vinegary. Very normal tasting."

B

"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers."

D



C

"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste."

C

"Not good at all. It's watery and tastes cheap."

D

"Different, but definitely the best. It has a great flavour with extra seasoning."

A

GRADING SYSTEM **A** = It better be in your fridge at all times!

B = It's OK. Expect it on your average street meat

C = Meh... passable. Eat it as fast as you can

D = You're better off putting dirt on your hot dog

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Northeastern Pork Rib Soup with Toasted Rice. CONTRIBUTED

Pad out Thai repertoire with authentic recipes

NEW COOKBOOK

A soup to warm you up for more from Hot Thai Kitchen

Yes, there is a pad Thai recipe in Pailin Chongchitnant's cookbook, *Hot Thai Kitchen*, but you can google a hundred similar recipes. More interesting are lesser-known dishes like tamarind shrimp, five-spice vegetable stew, nam jim (a sweet and spicy seafood-based dipping sauce that is tasty on everything) and, for dessert, coconut pudding cups.

Her Northeastern Pork Rib Soup with Toasted Rice recipe makes an outstanding meal. The pork falls off the bone; the broth has a zesty bite; and the aroma is fruity and herbaceous.

While the recipe is easy (it's basically throw stuff into a pot and simmer), follow the cooking times carefully before adding the next ingredient.

TORSTAR NEWS SERVICE

Northeastern Pork Rib Soup with Toasted Rice

Makes 2 to 4 servings.

Ingredients:

- 1 Tbsp (15 mL) jasmine rice
- 3 shallots, skins removed and sliced in half lengthwise
- 5 to 10 whole small dried chilies
- 1 lb (16 oz) pork spare rib tips, cut into 1 1/2-inch pieces
- 4 cups (1 L) cold water
- 1/2 tsp (2 mL) salt
- 6 cilantro stems
- 6 fresh kaffir lime leaves, roughly torn
- 2 stalks lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 8 thin slices galangal
- 2 Tbsp (30 mL) fish sauce
- 2 cups (110g) oyster mushrooms, cut into bite-sized pieces
- 3 Tbsp (45 mL) lime juice
- 1/3 cup (80 mL) chopped cilantro

Directions:

1. In a small skillet over low-

medium heat, toss rice until golden brown, about 3 to 5 minutes. Remove from heat. Grind toasted rice into a coarse powder using a mortar and pestle or a spice grinder. Set aside.

2. Wipe skillet clean and place over medium heat. Place shallots cut side down on pan, stirring occasionally to prevent sticking. Cook until slightly charred, about 4 to 5 minutes. Remove from heat and set aside. Turn heat down to medium-low. Toast dried chilies in pan until fragrant, about 1 to 2 minutes. Remove from heat and set aside.

3. Rinse spareribs under cold water and drain. Transfer to medium-sized pot. Add 4 cups cold water and salt. Bring to a slow simmer. Continue simmering for 15 minutes. Skim fat from surface and discard.

4. Add cilantro stems, charred shallots and toasted chilies. Continue cooking on a gentle

simmering for 30 minutes or until pork is fork tender.

5. Remove cilantro stems. Add lime leaves, lemongrass, galangal and fish sauce. Simmer for 5 minutes.

6. Add mushrooms and simmer for another 1 to 2 minutes until tender. Remove soup from heat. Add lime juice and chopped cilantro. Taste. Adjust seasoning as needed.

7. Garnish with toasted rice just before serving. Serve with steamed jasmine rice.

Kitchen tips:

Galanga-what? Galangal looks similar to regular ginger but has a smoother skin and much harder texture. It can be found in Asian grocers and at No Frills located in large Asian communities.

Where do I find lime leaves? You can find them wrapped in Styrofoam trays, in the produce section of Asian grocers. Store them in the freezer.

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Because you can't think of anything other than pad Thai at the very mention of Thai cuisine, YouTuber-turned-cookbook author Pailin Chongchitnant has written *Hot Thai Kitchen*, a just-released guide to her country's cooking with recipes for dishes you won't find on a takeout menu.

The book includes chapters on regional variations of Thai cuisine, drink pairings, kitchen tools, techniques, notes on dietary restrictions and allergies, as well as detailed ingredient explainers.

It's a very good primer to Thai cuisine, in addition to being a cookbook.

TORSTAR NEWS SERVICE

HOT THAI KITCHEN STREET-STYLE FRIED BANANAS (GLUAY KAG)

Gluay = Banana; Kag = People of South Asian descent; legend has it that the idea of frying bananas comes from this street snack. Most gluay kag vendors also sell fried sweet potato and taro using the same batter, so you can certainly add those to your mix. TORSTAR NEWS SERVICE

Street-Style Fried Bananas (Gluay Kag)

Makes 24 pieces.

Ingredients:

- 1 1/2 Tbsp white sesame seeds
- 3/4 cup rice flour
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/3 cup shredded coconut, unsweetened, fresh, frozen, or dried (see note)
- 1/3 cup water
- 6 Namwa bananas or 2 sweet plantains (see note)
- Oil for frying, as needed

Note: If using dried shredded coconut, let it rehydrate in 2 Tbsp of hot water for 10-15 minutes before using.

Namwa bananas are traditionally used because they hold their shape well when cooked — choose ones with just a tiny trace of green left



Street-Style Fried Bananas are perfect as an afternoon snack or even for breakfast. CONTRIBUTED

Directions:

1. Do-ahead tips: Mix the dry ingredients for the batter in advance and add the wet ingredients when ready to fry. Peel and cut the bananas several hours in advance and keep them tightly wrapped in the fridge.

2. Toast the sesame seeds in a dry sauté pan over medium heat, stirring constantly until golden brown, about 5 minutes. Let cool on a plate.

3. In a medium-sized mixing bowl, whisk together the toasted sesame seeds, rice flour, sugar, salt and baking

powder until well combined. Add the shredded coconut and mix well. Add the water and stir until combined — the batter should be thinner than pancake batter but slightly thicker than crepe batter.

4. Peel and cut the bananas lengthwise into 1/4-inch-thick pieces. If using plantains, peel and cut them into 3 sections, then slice each section horizontally into 1/4-inch-thick pieces.

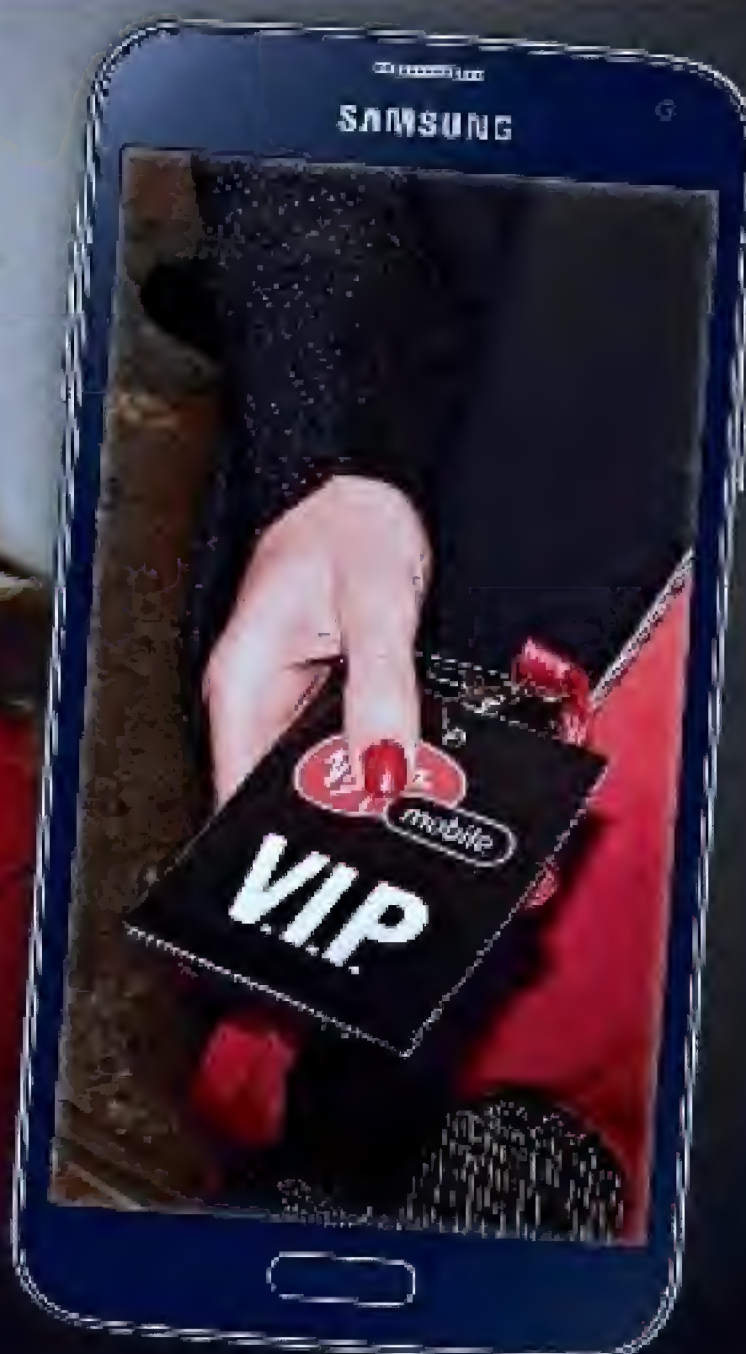
5. Add about 1 1/2 inches of oil to a pot and heat to about 325°F. Dip the bananas into the batter and fry for about 5 minutes, until they are a deep pretzel-brown colour. Maintain the frying temperature below 350°F. When done, drain on paper towels or a rack.

6. Let cool just until the coating becomes crisp, then serve immediately.

Note: Based on your first batch, you can decide if you want a thicker or thinner coating by adding more flour or water. If you have leftover batter, drizzle it into the oil and fry it up into crispy, munchy bits. Many vendors add this extra fried batter into their customers' bags!



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**ROSE REISMAN THE SAVVY EATER****THIS WEEK:** Pub food

A pint at a pub is a favourite choice when hanging out with friends, but pub fare is far from a waistline-friendly choice!

PICK THIS

The Pheasant and Firkin's Shepherd's Pie (ground beef, peas & carrots topped with mashed potatoes)

Calories 736
Fat 34 g
Sodium 1315 mg

**SKIP THIS**

The Pheasant and Firkin's Fish and Chips (Beer battered haddock with apple coleslaw, chips & tartar sauce)

Calories 1581
Fat 105 g
Sodium 2238 mg

**HERE'S WHY****Equivalent to three McDonald's Big Macs in calories**

With St. Paddy's Day just around the corner, many of us will find ourselves enjoying a meal and beverage at a pub. Classic pub food is far from healthy, but especially beware of the standard fish and chips – this dish contains an ocean's worth of calories, fat and sodium. While Shepherd's Pie is still a heavy dish, it offers up some veggies, cuts your calories by over half and has about a third of the fat.

RECIPE

Brown rice and tofu you want to eat

Brown rice with chicken or tofu and vegetables is a nutrient-dense dinner, but you probably fell asleep just reading that dish description. There's nothing more boring and bland-o than brown rice and tofu. You can stock your fridge with the healthiest foods in the world, but if it all tastes like sawdust and bran, you're not going to stick to that diet in the long run. That's why seasoning goes a long way to make you look forward to the next meal.

Directions

1. In a small bowl, whisk together miso paste, maple syrup and soy sauce. Set aside.

2. In a small covered saucepan over medium heat bring water, rice, salt and garlic to a gentle boil. Reduce heat to low and simmer for 20 to 25 minutes, or until most of liquid is evaporated and rice is tender. Remove from heat and fluff rice with fork. Set aside.

3. While rice is cooking, heat oil in medium-sized skillet over medium-high heat. Sear tofu until slightly browned, about 8 minutes, tossing often to prevent sticking. Transfer to serving bowl.

4. In the same pan over medium heat, toss edamame and spinach with water until spinach has wilted and edamame is warm, 2 to 3 minutes.

5. Transfer rice, edamame and spinach to serving bowl with tofu. Drizzle with whisked sauce. Garnish with almonds. Serve immediately.

TORSTAR NEWS SERVICE

Tofu Rice Bowl with Miso-Maple Dressing

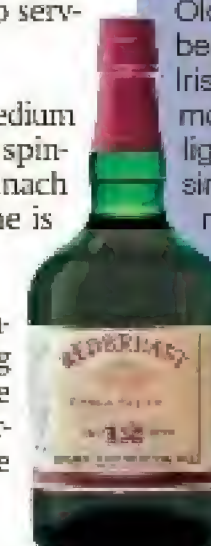
- 1 tsp (5 mL) white miso paste
- 1 tsp (5 mL) maple syrup
- 1 tsp (5 mL) soy sauce
- 1 cup (250 mL) water
- ½ cup (125 mL) brown rice
- ¼ tsp (1 mL) table salt
- ½ tsp (2 mL) finely minced garlic
- 1 tbsp (15 mL) canola oil
- 230g (8 oz) firm or extra firm tofu, cut into bite-sized cubes
- Salt and pepper, to taste
- 1 cup (250 mL) frozen edamame, defrosted
- 2 cups (500 mL) spinach
- 1 tbsp (15 mL) water
- 1 tbsp (15 mL) blanched, sliced almonds

LIQUID ASSETS**Whiskey for Paddy's Day**

For a country not much larger than the province of New Brunswick, Ireland has added more than its fair share of classic booze names to the liquor lexicon.

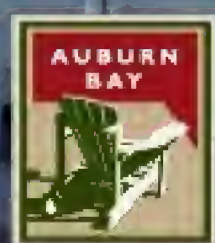
Think beers like Guinness, Kilkenny, Smithwick's, Harp and Murphy's, whiskeys like Jameson and Bushmills and, of course, Bailey's Irish Cream Liqueur. Those big brands are just the tip of the Irish-berg. There are hundreds more brewed and distilled on the Emerald Isle, and since tomorrow is St. Patrick's Day there's no better time to forget about green beer and celebrate with something less cliché. Redbreast 12 Year Old Whiskey (\$74.95) has been giving mainstream Irish spirits a run for their money with its creamy, lightly spicy flavour. As a single pot still whiskey it's made from a mash of malted and unmalted barley, which is triple distilled in traditional copper pot stills. Try on the rocks, or with just a splash of spring water.

PETER ROCKWELL/METRO



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CONTROVERSY

Miniseries has interview with Kesha's alleged rapist

The maker of an upcoming PBS miniseries about groundbreaking pop music says the show is reconsidering scenes with Dr. Luke, the hitmaking producer who the pop star Kesha has accused of rape.

The documentary Soundbreaking airs this fall and is being screened this week at the South by Southwest music festival in Austin. The eight-part series was the last project of George Martin, the iconic producer who discovered the Beatles and died this month.

The premiere episode includes an interview with Dr. Luke, who was born Lukasz Gottwald. He is not charged with any crime and has denied Kesha's claims of rape, saying she is smearing him to get out of her contract.

Soundbreaking producer Jeff Dupre said following Monday night's premiere that Dr. Luke's involvement in the series is now being revisited but did not indicate that a decision has been made.

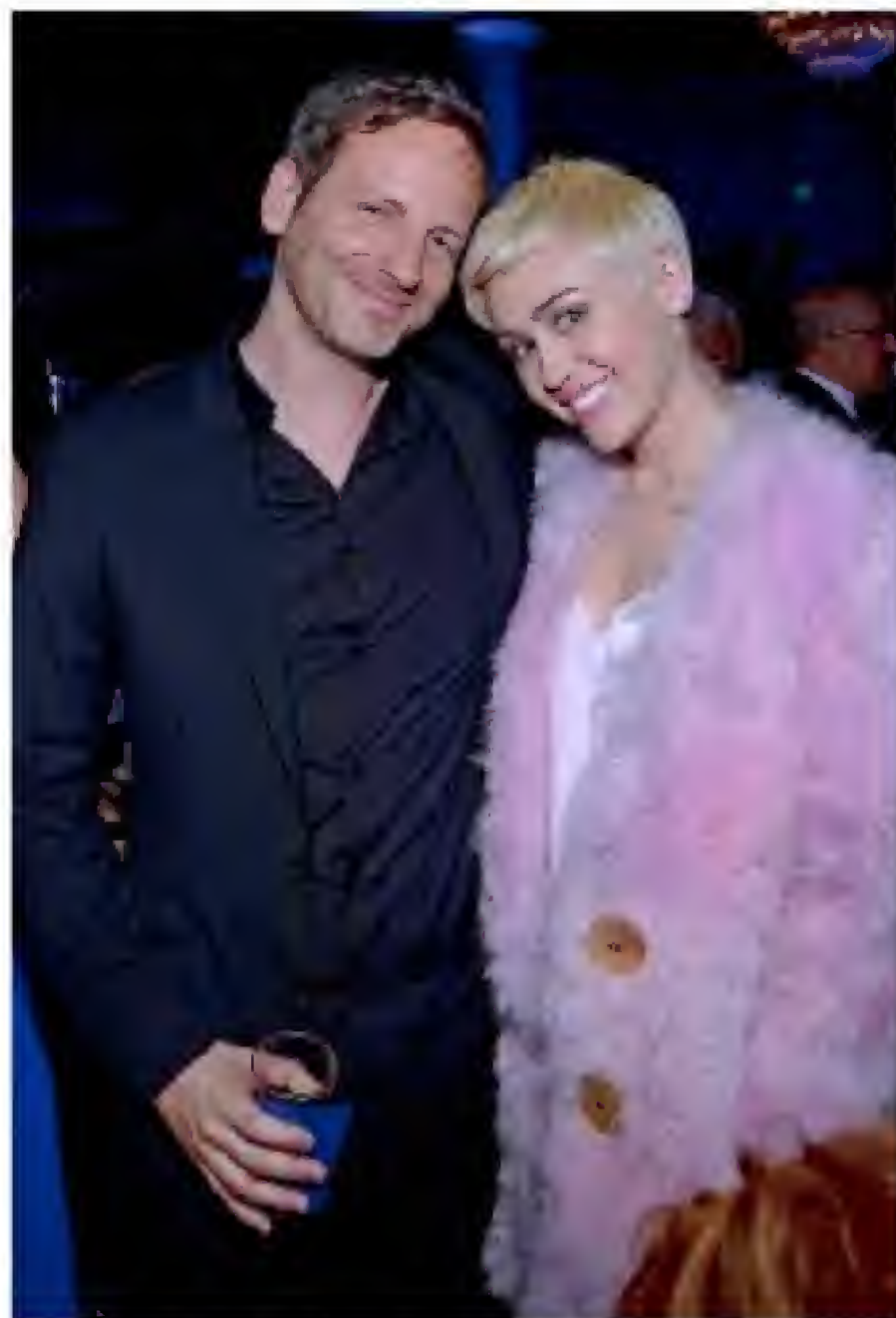
"It's a controversy and I don't know what the truth is. But it's something that we've thought about and discussed just over the last couple weeks," Dupre said.

The version shown at SXSW had been done for months, Dupre said.

The series includes interviews with Martin and a raft of music heavyweights, including Tom Petty and Paul McCartney, and traces the modernization of pop music through recording advances and visionary producers.

Dupre said Dr. Luke was interviewed for the series about a year and a half ago.

"We're actually just talking about it now," Dupre said of Dr. Luke's appearance in the series. "I have no idea what his situation is or what actually happened. He's a major, major, major producer."



Dr. Luke has produced some of the biggest pop hits over the past decade and has worked with stars including Katy Perry, Kelly Clarkson, and Miley Cyrus, with whom he's seen here in 2014. LARRY BUSACCA/GETTY IMAGES

Representatives for Dr. Luke and PBS didn't immediately respond to emails seeking comment.

Dr. Luke has produced some of the biggest pop hits over the past decade and has worked with stars including Katy Perry, Miley Cyrus, Kelly Clarkson and Nicki Minaj.

Fans of Kesha have called on Sony to cut ties with Dr. Luke and delivered a petition with more than 411,000 signatures to Sony's Manhattan headquarters last week. A judge last month denied the "Tik Tok" singer's initial request to be released from her contract, but Kesha has drawn support from celebrities including Taylor Swift, Adele and Lady Gaga.

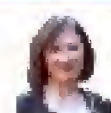
Dr. Luke says Kesha fabri-

cated her story about being drugged and raped a decade ago to get out of her recording contract. His lawyers point to a 2011 legal deposition in which Kesha said under oath that Dr. Luke "never made sexual advances" toward her. When asked whether he'd given her the date-rape drug known as a "roofie," she said, "No."

Kesha's lawyers said the singer, born Kesha Rose Sebert, had been too afraid of the producer to speak up at the time.

Dr. Luke has produced a number of hits for Kesha, including "Tik Tok," "Your Love Is My Drug" and "We R Who We R." She is signed to his label, Kemosabe Records.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Arnett's cri de coeur for idea of manhood

THE SHOW: Flaked, Season 1, Episode 7 (Netflix)

THE MOMENT: The unmaning

Lackadaisical furniture maker Chip (Will Arnett, series co-creator) is losing his studio in Venice, Calif., to his ex-wife Tilly (Heather Graham), a successful actress, and her new lover, a developer. Alicia (Annabeth Gish) escorts him into the developer's office. Her office.

"So you and Tilly are lovers?" Chip sputters.

Alicia rolls her eyes. "I don't get it," she says. "Tilly sticks up for you all the time. She just refuses to see you for the leech and parasite that you are."

Chip rises. Alicia offers to walk him out. "Don't bother, sweetheart," he says. "You know what I don't get? Why you people won't take me seriously."

At first, this series seems pretty shaggy. Chip and Dennis (David Sullivan) go to AA meetings, bike around Venice, chase after the same waitress. But slowly, Arnett's intentions



Will Arnett and his man pals have been left behind by the women in Flaked. CONTRIBUTED

become clear.

The first clue is the shorts. All the guys wear them; you can count the appearance of long pants on one hand. There's Tilly's house, a sleek fortress staffed by beautiful women who baffle Chip because they won't flirt with him. There's Dennis's mom (Kirstie Alley), who alarms him because she's still sexual in her 60s.

But when Chip calls Alicia "sweetheart," it adds up: Arnett is driving a final nail into the cof-

fin of male significance. Chip—even his name is slight—and his man-child pals are irrelevant; the women in their lives have passed them by.

Chip doesn't understand why "you people" don't "take him seriously." Arnett bears a cri de coeur for manhood.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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FILM BRIEFS

Hot Docs adds to lineup

Films featuring activist Bobby Sands, musicians David Byrne, Nelly Furtado, Shad and Grandmaster Flash, and comics Mel Brooks and Sarah Silverman are heading to Hot

Docs. Organizers said 14 doc features have been added to the lineup, including Under the Gun, in which Stephanie Soechtig and Katie Couric investigate U.S. gun culture. Also added is Bobby Sands:

66 Days, based on the diary of the IRA fighter who died during a hunger strike in 1981. The Hot Docs Canadian International Documentary Festival runs April 28 to May 8 in Toronto. THE CANADIAN PRESS

www.SCPL.com

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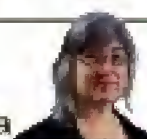
Kicking it up more than a notch



REVIEW

Latest Chrysler 200 way better than the last

Jil McIntosh
For Metro Canada



When shopping for a car, you sometimes have to look beyond the name. Chrysler's newest 200 shares its badge with a model that was originally the Sebring, but that's all they had in common. This one is so much better, it really should have received a new title as well.

Built in Michigan and based on an Alfa Romeo platform, it's available with a Fiat-based 2.4-litre engine or, as in my 200S tester, with a Chrysler-sourced 3.6-litre V6.

Mine was further optioned with all-wheel drive, which can be added to the 200S and 200C models and is only available with the V6.

This new 200 is now in its second model year, having been introduced for 2015, and judging by my week spent in a 2016 version, it looks like the engineers have been hard at work.

My main complaint for last year's model was its nine-speed

automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.

THE CHECKLIST | 2016 CHRYSLER 200

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)

Transmissions. Nine-speed automatic

Price. \$25,395 (base), \$40,265 (as-tested), plus destination



CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

THE COMPETITION



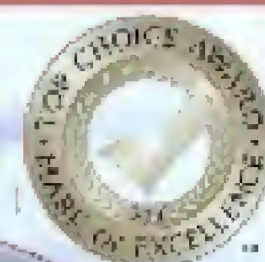
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Giulietta gets a makeover



The new Alfa Romeo Giulietta comes in hatchback and sporty models with a choice of one of four turbo gasoline engines or one of four diesel engines. HANDOUT

ALFA ROMEO

Sports car comes with dark chrome finish

The Alfa Romeo Giulietta has been given a facelift for 2016 and is heading to dealerships this spring. The hatchback is set to land in a variety of trim levels and with several engine options, priced from €21,690 (\$31,884) for the gas model and €24,690 (\$36,294) for the diesel.

In many ways, the changes made to this revamped Giulietta bring the hatchback closer to the Giulia sedan, both in terms of appearance and the car's position in Alfa Romeo's range.

Both models share several similarities in exterior design, such as the honeycomb grilles and the front bumper. New alloy wheels and oblique exhaust tips shape the Giulietta's new look, which also brings a slight redesign to the brand badge.

In its sporty version (Veloce), the new Giulietta comes with sports bumpers and a dark chrome finish on the wing mirror covers, door handles and

grille rims.

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel and a carbon-effect dashboard surround and door panels.

The 2016 Giulietta comes with a choice of four turbo gasoline engines (from 120 to 240hp) and four diesel engines (from 120 to 175ch). The new 120hp 1.6 JTDM diesel engine, the most cost-effective option, is announced with CO2 emissions of 99g/km and mileage of 74.3 MPG (3.8 l/100 km). The updated Giulietta is a connected car thanks to its Uconnect onboard touch-screen infotainment system, built into the central dashboard. This features Bluetooth connectivity for hands-free smartphone use (calls, SMS, streaming,

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel.

radio, etc.).

Plus, some versions of the hatchback feature the Alfa Performance application for controlling the main parameters of the car and measuring performance in real time.

The Giulietta comes in five trim levels: standard, Super, Lusso, Veloce and Business. Other customization options include 11 body colours and a selection of wheel rims. The 2016 Alfa Romeo Giulietta goes on sale spring 2016.

AFP

IN BRIEF

Lamborghini to mark Miura milestone at Amelia Island

This year marks not only the 100th anniversary of Lamborghini's founder, Ferruccio, but also the 50th anniversary of the car that truly put his company on the map — the Miura. At the Amelia Island Concours d'Elegance taking place in Florida this weekend, Lamborghini will be unveiling a meticulously restored Miura to mark the occasion. Although the Miura debuted

in 1966 — and in doing so created the concept of the modern-day supercar — it wasn't until 1971, when the Miura SV (Super Veloce) debuted at the Geneva Motor Show, that the car reached its full potential.

And the car on show will be the very model that wowed the crowds in Switzerland some 45 years ago.

"This is a very important car," said Enrico Maffeo, Head

of PoloStorico Lamborghini, the company entrusted with the car's complete restoration.

Miura SV chassis #4846 is

finished in metallic green Verde Metallizzata. AFP



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Meet the 2017 Ford Raptor

The 2017 Ford Raptor is a wider, heavier, tougher and stronger version of the F-150 truck. It's intended for off-road use or for people who at least want to project a tough-truck image. It has an aluminum body, which saves an estimated 230 kilograms over the previous version.

JEFF MELNYCHUK WHEELBASE MEDIA

1 Options

The new truck arrives later this year in extended-cab (SuperCab) and four-door (SuperCrew) body styles.

2 Transmission

New 10-speed automatic transmission.

3 Engine

There's no official power rating of the twin-turbocharged 3.5-litre V-6, but it will have more than previous V-8.

4 Cool features

Five-mode Terrain Management System has a Baja setting for high-speed desert driving.

5 Wheels

BF Goodrich all-terrain tires mounted to 17-inch wheels. The Raptor supercrew wheels are 15 centimetres wider than a regular F-150, which improves stability.

SOURCE: FORD



There is no official hint from Nissan as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue). HANDOUT/WHEELBASE MEDIA

GREEN NEWS

Range-extended Nissan in the works, while fuel-economy progress is slow

Nissan is developing a range-extended electric car, a plug-in battery electric with a small internal combustion engine that takes over when the batteries are depleted.

The automaker will unveil a new range-extended model distinct from the pure electric Leaf sedan in 2017, says Australia's Motoring magazine.

The Leaf, now the best-selling electric car in history, will continue production as an

all-electric vehicle, said Yoshi Shimoida, Nissan deputy general manager for electric cars and hybrids.

There is no official hint as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue).

Nissan previously planned to launch plug-in hybrid powertrains in larger vehicles, reserving battery electric power for smaller ones.

Meanwhile, in other green news, developed countries are not making enough progress in improving vehicle fuel economy, while the rest of the world is making virtually no progress at all, says a report by the Global Fuel Economy Initiative, a Europe-based coalition of transportation and environmental interests. Progress in developed countries is too slow to meet what it says are necessary targets. WHEELBASE MEDIA

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AUTOMOBILE JOURNALISTS
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Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year



NHL IN BRIEF

GMs content with effect of Rule 48 on head hits
NHL general managers say a rule designed to curtail hits to the head is working as intended.

The NHL implemented Rule 48, which penalized illegal checks to the head, nearly five years ago. It was added to curtail a then-rising tide of dangerous hits, particularly from the blind side, amid a sporting climate that has become increasingly sensitive to concussions. The league's general managers sought to address Tuesday whether the rule was working effectively or needed tweaks.

"The consensus for our group was we're comfortable with the way the rule is and not looking to make any changes," Tampa Bay Lightning general manager Steve Yzerman said.

THE CANADIAN PRESS

Nylander decision due

Maple Leafs GM Lou Lamoriello would neither confirm nor deny the team's plans for William Nylander. But it appears increasingly likely that they will exercise the first year of the 19-year-old's entry-level contract sometime soon. Nylander was expected to play his ninth NHL game on Tuesday night against Tampa. His entry-level contract would kick in once he plays 10 games, an important consideration in today's salary cap world.

Under that scenario, Nylander would be due his second NHL contract in the summer of 2018.

THE CANADIAN PRESS

No more net gains as goalies slim it down

NHL

League says more scoring chances not the objective

NHL goaltenders may look a lot smaller beginning next season.

Goalies across the league will be required to wear equipment better suited to their body size when the 2016-17 season begins or face suspension. A presentation of the new initiative, led by the NHL's Kay Whitmore, was delivered Tuesday at the annual GM meetings. Reductions will be made to the pants and upper body of the equipment, thus cutting down on unnecessary "fat" which didn't serve to protect goaltenders, only help some gain an unfair advantage.

"If it takes a little more skill to play the position so be it," Whitmore said. "Does this make scoring go up? I don't know. That's to be seen and that's not the reason why we did it. This was (done) because we felt there was inequities within the goalies themselves and the best goalies have come out and said that. And that's what's driving the bus here."

Some of the league's top goaltenders pushed for the change, including the Devils' Cory Schneider and Capitals' Braden Holtby. They, among others, would like the goaltend-



Typical attire seen here on **Canada's top goalie Carey Price of the Canadiens** is being phased out to make way for thinner equipment. JUSTIN K. ALLER/GETTY IMAGES

ing position to be more about skill and less about the puck simply caroming off enormous equipment.

"The best goalies in the league don't want big stuff," Whitmore said. "They actually want to put this to bed forever and say, 'We're great no matter what we wear.'"

Goalies will face a two-game suspension for non-compliance, a rule that's already in effect, but one that will be enforced more rigidly next season. Colin Campbell, the NHL's executive vice president and director of hockey operations, said there was too much grey area previously to enforce

"If it takes a little more skill to play the position so be it."

NHL's Kay Whitmore

the rule effectively.

Informed of the changes, general managers wanted confirmation that offenders would indeed be punished to which Campbell replied, "When your goaltender gets suspended don't fight it."

"If you cheat, you pay the price," Montreal general manager Marc Bergevin said. "If we

all agree now, all 30 of us, and it happens in October, none of us should be crying about it."

It will be Whitmore's duty to enforce that reductions in equipment are maintained. Goaltending equipment has mostly grown over the past two decades, from a point when goaltenders looked like thin rails between the pipes to now, where they almost resemble football linebackers.

The new equipment is expected to be made available to goaltenders this summer, giving them an opportunity to test it out before the start of the 2016-17 regular season. THE CANADIAN PRESS

CURLING

Carey's dreams fulfilled

Chelsea Carey is about to live out her ultimate dream but understands it won't be easy.

Carey will skip Canada's rink at the women's curling world championship that begins this weekend in Swift Current, Sask. The daughter of former Brier champion Dan Carey says it's been a lifelong aspiration to don the Maple Leaf and represent her country in competition, but this tournament will be a challenge.

"It's been my dream since I was seven years old, I don't know how to phrase it any better than that," said Carey, who won her first Scotties Tournament of Hearts, and the right to represent Canada at the worlds, on Feb. 28. "My first dream was to represent my province and I didn't achieve that until I was 29."

"To then turn around two years later and wear the Maple Leaf, which was always the ultimate dream, is beyond words."

Carey was born in Winnipeg and represented Manitoba in national competition until the 2014-15 season when she moved to Edmonton. In the spring of 2015 she moved south to Calgary, taking over as skip for two-time Canadian women's champion Heather Nedohin's rink. With Carey at the helm that team won the Alberta playdowns and went on to win national honours at the Tournament of Hearts.

That run of success is what has led Carey, third Amy Nixon, second Jocelyn Peterman, lead Laine Peters and alternate Susan O'Connor to Swift Current and a shot at a world championship. But Carey cautions fans the competition will be tough.

"The world has come on very strong and you can see that from the bit of a drought we have from gold medals," she said.

THE CANADIAN PRESS



Chelsea Carey THE CANADIAN PRESS

CFL

Bruce will continue concussion fight

Arland Bruce's concussion lawsuit against the CFL is "far, far, far from over," the former receiver's lawyer said Tuesday.

Robyn Wishart said an appeal is in the works after B.C. Supreme Court Justice Christopher Hinkson dismissed the suit against the league, former commissioner Mark Cohon, neuroscientist Dr. Charles Tator, the Canadian Football League Alumni Association and every team in the league.

Bruce claimed the defendants downplayed the effects of repetitive head trauma and misrepresented player safety

issues about concussions.

In a written ruling Friday, Hinkson said the issues raised in the lawsuit are part of a collective bargaining agreement between the league and the CFL Players' Association and must be resolved through their processes, not the courts.

"The appeal is going to be based on the fact that the CFL

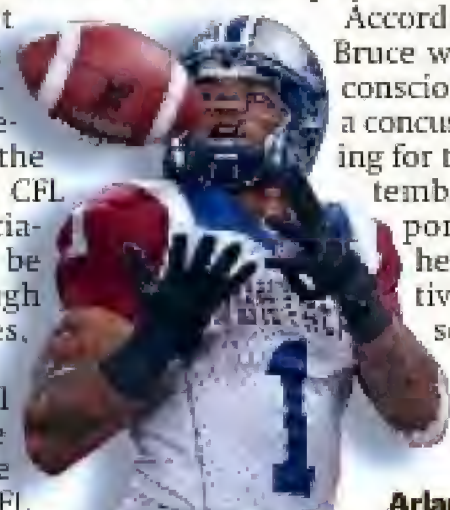
Players' Association is not the exclusive bargaining agent for the players," Wishart said.

According to the suit, Bruce was knocked unconscious and suffered a concussion while playing for the Lions in September 2012. He reported foginess, headaches, sensitivity to light and sound, memory loss, confusion, dizziness, anxiety and per-

sonality changes, according to the lawsuit.

Court documents alleged he was permitted to return to play in November of that year and then again for the Alouettes in the 2013 season despite still suffering from the effects of concussion. The CFL should have intervened and prevented Bruce from returning to the field, the lawsuit claimed.

Bruce alleged that he has suffered permanent disability, and his head injury will continue to cause earnings loss along as well as the loss of enjoyment of life. THE CANADIAN PRESS



Arland Bruce THE CANADIAN PRESS

IN BRIEF

O-linemen extend stay

The Calgary Stampeders signed Canadian offensive linemen Shane Bergman and Spencer Wilson to contract extensions through the 2018 season.

"Shane and Spencer have both been important players for us over the past few seasons and I'm pleased that they have chosen to make a commitment to the club by signing contract extensions," general manager/president John Hufnagel said.

THE CANADIAN PRESS

Lightning given a good shock by Leafs

NHL

Carrick, Smith bag first goals of season in unlikely rout

Ben Smith and Connor Carrick scored their first goals of the season as the Toronto Maple Leafs defeated the Tampa Bay Lightning 4-1 Tuesday.

With the win, the Leafs (24-34-11) have won back-to-back games and picked up points in four of their last five.

Zach Hyman and P.A. Parenteau added empty-net goals while Jonathan Bernier made 26 saves for his ninth win of the season. Brian Boyle had the lone goal for Tampa Bay (40-25-5). Andrei Vasilevskiy stopped 20 shots in the loss. The Bolts drop to 7-2-0 in their last nine road contests. Toronto snapped its three-game losing streak against Tampa Bay with the win. The



Tampa Bay's Michael Blunden, left, battles against Maple Leafs' Connor Carrick, centre, as Maple Leafs goalie Jonathan Bernier watches for the puck. THE CANADIAN PRESS/MARK BLINCH

two clubs meet for a fifth and final time on March 28.

With the Leafs leading 1-0, Peter Holland had two excellent opportunities 2:35 into the third period, but was unable to solve Vasilevskiy.

Boyle tied it 1-1 at 6:33 of

the third period beating Bernier low blocker side for his 11th of the season. The goal snapped Bernier's shutout streak at 108 minutes and 48 seconds. Smith restored Toronto's one-goal lead at 9:07 of the third period putting the rebound

TUESDAY in Toronto

4 **1**
LEAFS LIGHTNING

off of Michael Grabner's shot between the legs of Vasilevskiy. It was Smith's first goal since March 29, 2015, while with the San Jose Sharks.

Carrick opened the scoring one timing the rebound off of Holland's shot at 13:34 of the second period. It was Carrick's first goal since Oct. 3, 2013, while a member of the Washington Capitals. The Leafs continue their six-game home stand on Thursday when they host the Florida Panthers. Elsewhere, the struggling Montreal Canadiens were beaten 4-1 at home by the Florida Panthers and the Ottawa Senators prevailed 3-2 in overtime against the Minnesota Wild.

THE CANADIAN PRESS

IN BRIEF

Lowry pours in 25 as Raps easily break down Bucks

Kyle Lowry scored 25 points and the Toronto Raptors, despite resting leading scorer DeMar DeRozan, had no trouble with the Milwaukee Bucks in a 107-89 victory Tuesday night.

Giannis Antetokounmpo had 18 points, 12 rebounds and nine assists in 35 minutes for Milwaukee, just missing a triple-double.

DeRozan, who averages 23.8 points per game, was in uniform but didn't play after starting each of the team's first 65 games and playing 39 minutes in a loss to Chicago on Monday night.

Toronto took control by scoring the first eight points of the second half to open a 62-49 lead. The Raptors then scored seven consecutive points midway through the third quarter to make it 71-55 on Lowry's 3-pointer with 6:07 left.

Milwaukee never got within single digits of Toronto after that.

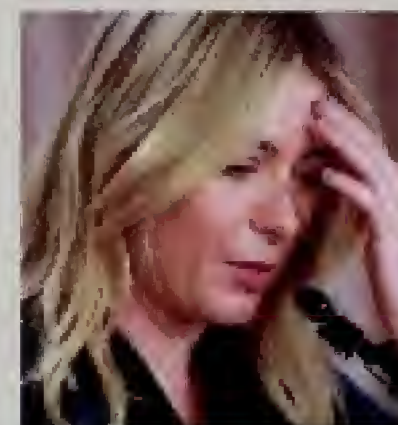
THE ASSOCIATED PRESS

UN suspend Sharapova's role as ambassador

A United Nations agency says it has stopped working with Maria Sharapova pending the tennis star's doping case.

Sharapova faces being banned by tennis authorities after testing positive for meldonium, a blood-flow enhancing medication.

The New York-based United Nations Development Program says "in light of Ms. Sharapova's recent announcement, we last week suspended her role as a Goodwill Ambassador and any planned activities while the investigation continues." THE ASSOCIATED PRESS



Maria Sharapova GETTY IMAGES

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CHAMPIONS LEAGUE

Injury woes return for Man City captain

Manchester City captain Vincent Kompany's injury problems resurfaced on Tuesday when he limped off just five minutes into the team's Champions League match against Dynamo Kyiv.

City manager Manuel Pellegrini said Kompany had a recurrence of a calf muscle injury and said the defender could be out for the rest of the month. Kompany will have tests over the next two days to determine the severity of the injury.

It is the 14th time that

Kompany has sustained a calf injury since joining City in 2008. He has already had spells of a month and six weeks out of action this season because of calf problems.

City drew the game 0-0 and advanced 3-1, reaching the quarterfinals for the first time. In Tuesday's other game Atletico Madrid beat PSV Eindhoven 8-7 in a penalty shootout to reach the quarterfinals of the Champions League for the third straight season.

THE ASSOCIATED PRESS



Vincent Kompany gets treatment. OLI SCARFF/AFP/GETTY IMAGES

RECIPE Cobb Salad

Ceri Marsh & Laura Keogh
For Metro Canada

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

Ready in
Prep time: 15 minutes
Total time: 25 minutes
Serves 4

Ingredients

- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2-inch dice
- 2 chicken breasts

For marinade:

- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:

- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- Salt and pepper to taste

Directions

1. Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.



PHOTO: MAYA VISNVEI

2. Place dressing ingredients in a jar, shake to mix with lid on.

3. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

4. Bake the breasts in the oven at 375 F; for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

5. Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

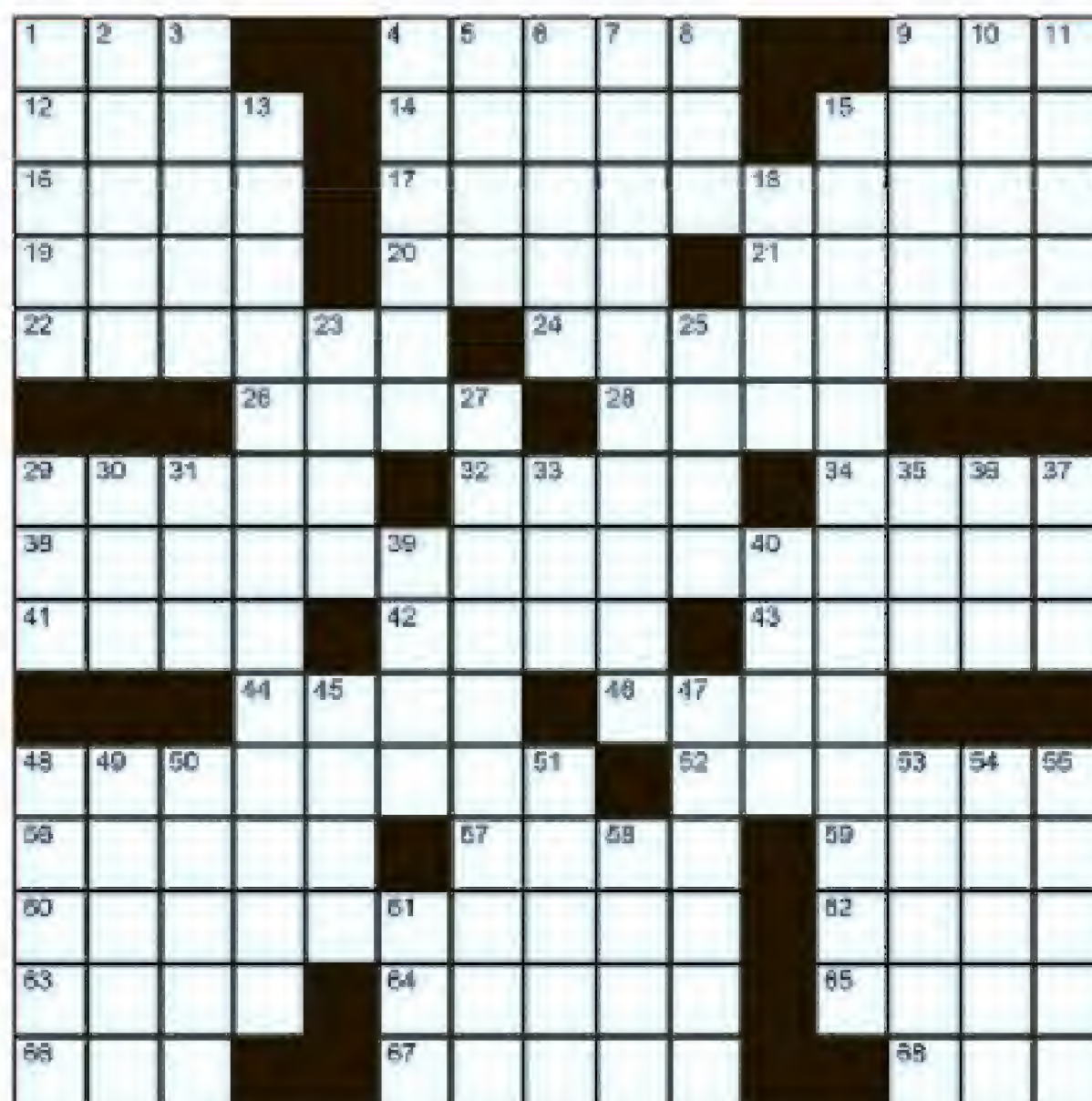
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Global currency org.
- "For ___ Know" by The Carpenters
- Drummer Mr. Starkey
- Salad alternative
- Coup ___ (Quick look)
- Donned
- Title of Rihanna's latest album
- Bodybuilding title: 2 wds.
- Big deals
- "___ No Sunshine" by Bill Withers
- Singer Mr. Neville
- Agree
- Bangle bauble
- Flush
- Rocker David Lee
- Poetry
- ___ iris (Rainbow, in Spain)
- Biblical twin
- Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
- Baby ___ (Nestle chocolate bar)
- Buzz Aldrin's famous employer
- Stoppages
- H.G. Wells' frugivores
- Chase, police car style
- Makes certain
- Sweater styles
- ___ ('Dine in the Dark' restaurant in Toronto and Montreal)



- Work ___ solution (Solve the problem)
- "Full Metal Jacket" (1987) actor, ___ Ermey
- Music style for Liverpool band Gerry and The Pacemakers
- ___ (Precisely)

- Rock venue pit
- ___ lot (Enjoys the buffet)
- Quite
- Noah's boat
- More humorously ironic
- English novelist Mr. Lawrence, et al.

DOWN

- Oscar ___ "Star Wars: The Force Awakens" (2015) actor
- World, in Rome
- Loft furniture piece
- From Sea to Sea: A Mari Usque ___ (Canada's motto)

- Ms. Singer
- "MasterChef Canada" judge, Alvin ___
- Packed away garb in Spring: 2 wds.
- High Priest in the Old Testament
- 'Z'-marking swordsman
- Torching crime

- Carolyn ___ (Name behind 'Nancy Drew' stories)
- Astrological sign/symbolism: 3 wds.
- 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
- Extensive
- Iris spot
- Werewolf's light
- Vancouver Island treat: 2 wds.
- TV hookup, once
- Montreal faucet liquid
- ___ card (Grades-list)
- Lil' camp-ground sights
- Mr. Mineo
- Pertinent
- Increases
- Q: "Excuse me, where's the surgeon?" A: "She's ___ right now."
- "The ___ Red Line" (1998)
- Read: French
- Computerized human
- Pausing punctuation
- Just ___ two (Not as many as three)
- "Norwegian", in Norway
- Fatty, as some meat
- Sky's white cotton candy
- Mike Hammer portrayer Stacy
- Mr. Rogen's
- Zap
- Archery wood

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

Taurus April 21 - May 21
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

Gemini May 22 - June 21
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

Cancer June 22 - July 23
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

Leo July 24 - Aug. 23
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

Virgo Aug. 24 - Sept. 23
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

Libra Sept. 24 - Oct. 23
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

Scorpio Oct. 24 - Nov. 22
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

Sagittarius Nov. 23 - Dec. 21
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

Capricorn Dec. 22 - Jan. 20
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

Aquarius Jan. 21 - Feb. 19
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

Pisces Feb. 20 - March 20
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					9	6	8	3
	1	8		6			2	
	2		7			5		
		9			4			
	7				1			
6			9	2		3		
8		1			3		9	2
7	5					8	6	
2						1		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

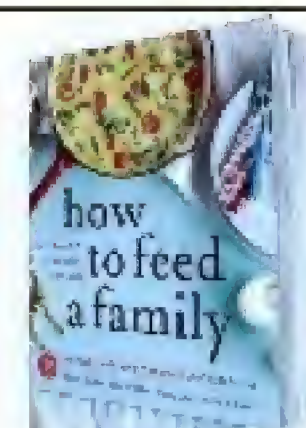
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3	4	8	2	9	5	6	1	7
9	7	5	1	8	6	4	2	3
6	1	2	7	4	3	8	5	9
1	5	7	6	3	4	2	9	8
8	2	3	9	5	1	7	6	4
4	6	9	8	2	7	5	3	1
5	3	6	4	1	8	9	7	2
7	9	4	3	6	2	1	8	5
2	8	1	5	7	9	3	4	6

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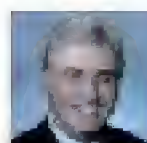
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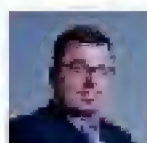
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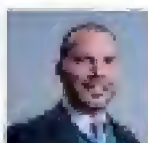
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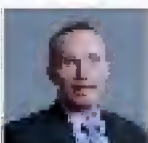
ROB COLEMAN
DEALER PRINCIPAL
20 YEARS



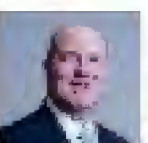
MARTIN VENNERI
SALES MANAGER
9 YEARS



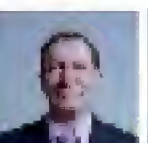
DARCY SCHINHOURL
SALES MANAGER
15 YEARS



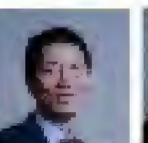
SCOTT CLAY
5 YEARS



DAN MILLS
21 YEARS



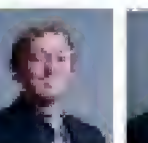
JOHAN DEDEUGD
10 YEARS



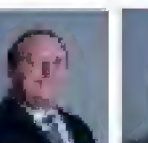
HAN KIM
24 YEARS



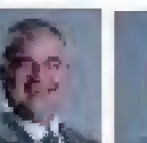
JOE CHIARIZIO
40 YEARS



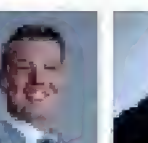
AARON SHOWIE
6 YEARS



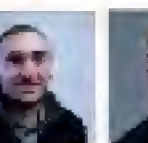
MICHAEL CYBULSKI
10 YEARS



PHIL LAWRENCE
22 YEARS



JOHN QUINLAN
13 YEARS



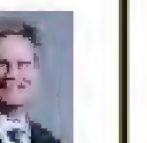
BILLY MANSOUR
1 YEAR



SCOTT SCHINHOURL
5 YEARS



ARNIE MORS
5 YEARS



JIM NARFASON
22 YEARS



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